

**5th Annual  
Turtle Trot  
5K Race  
May 15th, 2010**

Presented by



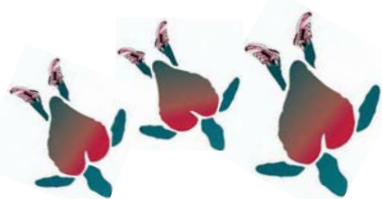
**Lovers Key State Park**  
Fort Myers Beach, FL  
239-463-4588

**A benefit for the  
Friends of Lovers Key**  
Sanctioned by the Fort Myers Track Club

**REGISTER TODAY!**

**May 15th, 2010**

**Lovers Key Turtle Trot 5K**  
Presented by Cox & Nici, Attorneys at Law



**NON PROFIT**  
U.S. Postage  
**PAID**  
Fort Myers, FL  
Permit No. 259

Fort Myers Track Club  
P.O. Box 60131  
Ft. Myers, FL 33906-6131

Last Name:		First Name:	
Date of Birth:	Age :	Sex:	
Address:			
City:	State:	Zip:	
Day Phone:		Evening Phone:	
Shirt Size (Circle)	S	M	L
			XL
E-Mail:			
<i>For Official Use - RUNNER ID #</i>			

Please complete (this side and waiver on back), detach, and mail registration form, along with payment to: Lovers Key State Park, ATTN: Turtle Trot 5K Race, 8700 Estero Blvd, Fort Myers Beach, FL 33931

# REGISTRATION

**Early Registration**  
(received prior to May 8th)  
**\$20.00**

**Week of / Day of Race Registration**  
**\$25.00**

**Make checks payable to**  
**Friends of Lovers Key, Inc.**

**Register Online at**  
[www.FriendsOfLoversKey.com](http://www.FriendsOfLoversKey.com)

# PACKET PICK-UP

**Friday, May 14th, 2010**  
**11:00AM—6:00PM**

Race packets include official  
Lovers Key Turtle Trot 5K t-shirt,  
official race number, course map, and  
general instructions.

**Pick-up at Run Florida**  
**13211 McGregor Blvd, Fort Myers**  
**239-225-0234**

# RACE DAY

**Saturday, May 15th, 2010**

**Check In at 7:00 am**

**Race start time: 8:00 am**

Race proceeds benefit  
Friends of Lovers Key, Inc  
A 501(c)(3) Citizen Support Org.

This unique trail course takes runners through a shady maritime hammock ecosystem on a hard-packed shell path. No part of the course requires running through beach sand. The course ends at our pavilion overlooking the beach where refreshments will be served and awards will be presented. Stick around after the race for a dip in the Gulf.



**Waiver and Release:** I am aware that participating in the Cox and Nici Lovers Key Turtle Trot 5K Race at Lovers Key State Park on Saturday, May 15th, 2010 (the "Event") will be a strenuous and potentially hazardous activity. By registering for the Event, I confirm that I am mentally and physically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete in the event. I assume all risks associated with this competition and this Event, including but not limited to fall, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and conditions of the trails, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of being permitted to participate, I hereby release and forever discharge the following parties from any and all claims, damages, liabilities and expenses arising out of my participation in the Event, including injury or death: Friends of Lovers Key, Inc., Lovers Key State Park, The State of Florida, Department of Environmental Protection, Florida Park Service, the Board of Trustees of the Internal Improvement Trust Fund, The Ft. Myers Track Club, or any and all sponsors of the Event.

Signature: \_\_\_\_\_

Signature of Parent/Guardian if under 18: \_\_\_\_\_

**Not valid without signature. Payment is non-refundable and non-transferable.**

Complete registration form (on back) and mail to: Friends of Lovers Key

ATTN: Turtle Trot 5K Race

8700 Estero Blvd

Ft. Myers Beach, FL 33931

The 2010 Lovers Key Turtle Trot 5K  
is presented by James Nici, of



1185 Immokalee Road,  
Suite 110  
Naples, Florida 34110  
239.254.0706  
[www.coxnici.com](http://www.coxnici.com)

## Timing Results

Results will be timed using the ChronoTrack system. Each runner will receive a "D-Tag" which attaches to the laces of your shoe. We're pleased to offer this accurate and efficient results technology at the Lovers Key Turtle Trot 5K.

## Award Categories

1st Overall Male and Female  
1st Overall Male and Female Masters  
1st Male and Female Grand Masters

1st Male and Female Sr. Grand Masters

1st - 3rd Male and Female in the following age categories:

0-11, 12-15, 16-19, 20-24, 25-29,

30-34, 35-39, 40-44, 45-49, 50-54, 55-59,

And Female: 60-69, 70-79, 80-84, 65-69 and 70-99.

For More Information Visit [www.FriendsOfLoversKey.com](http://www.FriendsOfLoversKey.com)

Or call (239) 463-4588