

OVERALL AWARDS 10K RUN

Top Male and Female Overall Winners
 Top Male and Female Masters Winners
 Top Male and Female Grandmasters Winners
 Top Male and Female Senior Grandmasters

AGE GROUP AWARDS 10K RUN

Three awards are given in each age division

Female Age Divisions		Male Age Divisions	
9 & under	10-12	9 & under	10-12
13-15	16-19	13-15	16-19
20-24	25-29	20-24	25-29
30-34	35-39	30-34	35-39
40-44	45-49	40-44	45-49
50-54	55-59	50-54	55-59
60-64	65-69	60-64	65-69
70 & over		70-74	75 & over

WALKERS

Awards to top 10 Male and Female walkers.
 Participation ribbons to all Walkers. **Walkers must walk or they will be disqualified.**

SPONSORS

We are extremely grateful to have the support of our corporate sponsors and supporters. These organizations have made a substantial contribution to the City of Palms River Run. We encourage you to support these companies. Be sure to show them your appreciation, for without their continued support of goods and services this race would not be possible.

SUPPORTING SPONSORS



8:00 a.m.
10K RUN & 2 MILE WALK
December 5, 2009
Centennial Park
Downtown Fort Myers
 Presented by

LEE MEMORIAL
HEALTH SYSTEM



FORT MYERS TRACK CLUB



31st Annual
City of Palms
RIVER RUN
FORT MYERS
TRACK CLUB
 P.O. BOX 60131
 FORT MYERS, FL 33906
 239-332-1RUN

NON PROFIT
 U.S. Postage
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 Ft. Myers, FL
 Permit No. 259

RIVER RUN 2009

The 31st Annual City of Palms River Run will be held on Saturday December 5, 2009.

The beautiful 10K course takes runners from Centennial Park, over both the Caloosahatchee and Edison Bridges and finishes along the river on Edwards Drive. The 2 mile walk goes over the Edison Bridge and back.

FLORIDA SENIOR GAMES

This year the River Run is combined with the Florida Senior games. All entrants over the age of 50 will not only be eligible for the River Run Awards but also the Senior Games Awards. You will be provided with a shirt from River Run only.

REGISTRATION

RACE DAY REGISTRATION: Will be in Centennial Park, Edwards Drive from 6:30 a.m. - 7:30 a.m. A pre-race aerobics warm up will be held in front of Centennial Park on Edwards Drive at 7:30 a.m. Be sure to pick up your packet in plenty of time to join in the fun.

BY MAIL: Entries must be postmarked by **December 1st** to be accepted. Mail your entry form and check (no cash) to **City of Palms River Run, P.O. Box 60131, Ft. Myers, Florida 33906-6131.** Make checks payable to **Fort Myers Track Club.**

IN PERSON: Entries will be accepted through Friday, **December 4th, 6:00 p.m. at Run Florida 13211 McGregor Blvd., Ft. Myers.** On Race Day from **6:30 a.m.- 7:45 a.m., at Centennial Park on Edwards Drive.**

OnLine Registration:

www.ftmyerstrackclub.com

AMENITIES

Participants receive a fabulous long sleeved mock turtleneck shirt, entry for random prize drawings and outstanding post race refreshments.

TIMING

We will be timing with the disposable D-Tag System.

ENTRY FEES

10K and 2 Mile Walk:

Pre-registration (through December 4, 2009) \$25.00

Ft. Myers Track Club Youth 12th grade and under must be pre-registered **and must be FMTC member** \$15.00

Race Day Registration All Entrants \$30.00

Registration fee is non-refundable. No exceptions please. The Ft. Myers Track Club reserves the right to reject any entry and to offer special invitations.

REGISTRATION & PACKET PICKUP

December 4, 2009 **Run Florida**
Friday 13211 McGregor Blvd.
12:00 p.m. - 6:00 p.m. Ft. Myers, FL 33919
239-225-0234

Race Day
December 5, 2009 **Centennial Park**
Saturday Edwards Drive
6:30 a.m. - 7:30 a.m. Ft. Myers, FL 33901

POST RACE REFRESHMENTS

Fruit, bagels, bread, water and fluid replacements will be provided. Relax and enjoy the refreshments and entertainment while you await the awards ceremony.

Official Entry Form - City of Palms River Run

First Name _____

Date of Birth _____

Address _____

Daytime Phone _____

Evening Phone _____

Last Name _____

Age (race day) _____

City _____

Shirt Size S _____

L _____

XL _____

Official Use

M.I. _____

M _____

F _____

State _____

Zip _____

WAIVER OF LIABILITY: I know that participating in this running/walking event is a potentially hazardous activity. I agree not to enter and participate unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I am voluntarily assuming all risks associated with participating in this running/walking event including but not limited to falls, contact with other participants, spectators or others, the effects of weather, including heat, cold and/or humidity, traffic and rough trail conditions of the course, all risks being known and appreciated by me. Having read this Waiver of Liability and knowing the facts, and in consideration of your acceptance of this application of entry in the City of Palms River Run, to be held on December 6, 2008 at Centennial Park, I, for myself and anyone entitled to act on my behalf, waive and release the Fort Myers Track Club, the RRCA, the State of Florida, the County of Lee, City of Ft. Myers, Lee Memorial Health System, all sponsors and officers, directors, and members of each of said organizations, their respective employees and agents, and any other entities and individuals who are in any way connected with this event even though that liability may arise out of negligence or carelessness on part of persons named in this waiver. BY SUBMITTING THIS APPLICATION, I AGREE TO THE ABOVE WAIVER OF LIABILITY. The Fort Myers Track Club reserves the right to deny registration to any applicant.

Date _____ Signature _____

Parent or Guardian Signature (if under 18) _____

CHECK EVENT YOU ARE PARTICIPATING IN:

FMTC

10K

2 Mile Walk

Please make check payable to:

If entry by mail send to

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

Entry fee is non refundable