



# SANIBEL 10K RACE 4 F.I.S.H.



In cooperation with the Fort Myers Track Club, F.I.S.H. (Friends in Service Here) is sponsoring a 10K race on Sanibel.

*Proceeds to benefit F.I.S.H. of Sanibel, Inc.*

## **SATURDAY, OCTOBER 17, 2009 7:30 A.M.**



*Special awards include a T-shirt and medallion for all runners.  
Special prizes for the winners and a souvenir packet from Sanibel.*



The 10K (6.2 mile) race will start and finish at the  
Sanibel Community House • 2173 Periwinkle Way, Sanibel Island

Parking across the street from the Sanibel Community House. Refreshments will be served post race.

### **DEADLINE FOR PRE-REGISTRATION:**

**Postmarked by OCTOBER 10, 2009 • FEE: \$20.00**

**Race Day Registration FEE: \$25.00      *Entry fee is non-refundable***

**Entry Forms Available at: on-line: [www.ftmyerstrackclub.com](http://www.ftmyerstrackclub.com)**

**Bank of the Islands • 1699 Periwinkle • Sanibel**

**Run Florida (inside the training grounds) • 13211 McGregor Blvd • Ft. Myers 225-0234**

*For further information, contact:*

Race Liaison Marty Shaw 239.691.2584 or FMTC 239.332.IRUN

**Race Packet Pickup: Saturday, October 10th    Noon - 3:00 p.m.**

**Run Florida (inside the training grounds) • 13211 McGregor Blvd • Ft. Myers 225-0234**

**RACE DAY      Registration: 6:30 a.m.    Race Start: 7:30 a.m.**

**Sanibel Community House • 2173 Periwinkle Way, Sanibel Island**

*F.I.S.H. of Sanibel, Inc. is a 501 (c)(3) non-profit organization.*

### **SANIBEL 10K RACE 4 F.I.S.H. ENTRY FORM**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ M.I. \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age (race day) \_\_\_\_\_  M     F

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Shirt Size:  S     M     L     XL

In consideration of the acceptance of my entry in the SANIBEL 10K RACE 4 F.I.S.H. to be held on October 17, 2009 at Sanibel, FL, I release from their own negligence the Fort Myers Track Club, the RRCA, the County of Lee, the City of Sanibel, F.I.S.H. of Sanibel, Inc., 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. I understand that this release applies to myself and my personal representatives, heirs and assigns. I represent that I have adequately trained to participate in this event and recognize that risk of injury accompanies such participation and acknowledge that the release is being relied upon by the above persons in permitting me to participate. I understand that if I am under the age of 18 I must have the permission of my parent(s) or legal guardian in order to participate in this event. I, the undersigned parent or legal guardian hereby consent to the applicant's participation and waive and release all rights and claims for damages as is more fully set forth above.

I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK. Scoring and Results with the AMB "Chip" Transponder. All participants are required to pick up their "Chip" on race day. You must have your race number to pick up your "Chip". Any participant who does not wear the AMB "Chip" Transponder (Champion Chips will not work) will not be scored as part of the results. ALL "CHIPS" MUST BE RETURNED TO THE VOLUNTEERS AFTER YOU CROSS THE FINISH LINE. LOST "CHIPS" WILL COST THE PARTICIPANT \$80.00.

Date: \_\_\_\_\_ Signature \_\_\_\_\_ Parent or Guardian Signature (if under 18) \_\_\_\_\_

**Make checks payable to: FMTC**

**If entry by mail send to: Fort Myers Track Club • P. O. Box 60131 • Fort Myers, FL 33906**

**Donations of Unexpired, Unopened, Non-perishable  
Food Items, Paper Products, Toiletries  
to benefit the F.I.S.H. FOOD PANTRY  
will be accepted Race Day at the Start Location  
Sanibel Community House  
2173 Periwinkle Way, Sanibel**



**FORT MYERS TRACK CLUB**  
P. O. BOX 60131  
FORT MYERS, FL 33906  
239.332.IRUN

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

**AWARDS:**

Finishers Medallion and T-Shirt.  
Female and Male Overall,  
Masters, Grandmasters,  
Senior Grandmasters winners,  
as well as

First, Second, Third Place in each of  
the following age categories:

<b>9 &amp; under</b>	<b>25 - 29</b>	<b>50 - 54</b>
<b>10 - 12</b>	<b>30 - 34</b>	<b>55 - 59</b>
<b>13 - 15</b>	<b>35 - 39</b>	<b>60 - 64</b>
<b>16 - 19</b>	<b>40 - 44</b>	<b>65 - 69</b>
<b>20 - 24</b>	<b>45 - 49</b>	<b>70 &amp; over</b>

If you do not stay for the Awards,  
they can be picked up starting  
Monday, October 19th  
at the FISH Walk In Center  
1630-B Periwinkle Way  
Sanibel, FL

**SAFETY MEASURES:**

*Due to the nature of the course, for the safety and enjoyment of all participants, unregistered runners, unauthorized bicycles, skateboards, roller skate/blades, and by joggers/strollers are strictly prohibited. Wearing headphones is officially discouraged. If you disregard these restrictions, you are increasing risk of injury to yourself and others. Hot and humid conditions may exist. Drink plenty of liquids prior to the race and replenish your fluids at aid stations. Rain cancellation is a possibility. **No refunds will be made due to weather conditions.***