

5th ANNUAL FAST CAT 5K CROSS COUNTRY RACE.
PRESENTED BY ESTERO H.S 3 D RUNNERS
Timing by 3D Racing and the Run Shoppe
SATURDAY AUGUST 21st 2010 7:30 AM START

**Race site: ESTERO H.S 21900 RIVER RANCH ROAD
 ESTERO FL. 33928**

FEES: PRE-REGISTERED ADULTS \$20.00 YOUTH UNDER 18 \$15.00
RACE DAY ALL REGISTRATIONS \$25.00 FAMILY MAXIMUM \$50.00
 (IMMEDIATE FAMILY MEMBERS ONLY, MUST REGISTER TOGETHER) Make
 checks out to 3D Racing, and send applications to the Run Shoppe
 at 3512 Del Prado Blvd Cape Coral Fl. 33904. Puma bags to 1st
 300 registered participants.

**Packet pickup at the Run Shoppe week of Aug. 16-20. 3512 Del
 Prado Blvd Cape Coral Fl. 33904 Phone 540-9529**

You may also register on Active.com

**AWARDS TO MALE AND FEMALES IN THE FOLLOWING CATEGORIES: OVERALL
 MALE/FEMALE, MASTERS, GRAND MASTERS, SENIOR GRAND MASTERS AND 3
 DEEP IN THE FOLLOWING AGE GROUPS.**

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|-----------------|--------------|--------------|--------------|---------------|
| 9- UNDER | 16-19 | 30-34 | 45-49 | 60-64 |
| 10-11 | 20-24 | 35-39 | 50-54 | 65- UP |
| 12-15 | 25-29 | 40-44 | 55-59 | |

The race will be run rain or shine, no refunds please. Due to the nature of the course and for the safety of all participants, unregistered participants, unauthorized vehicles, bicycles, roller blades/skates, skateboards, strollers head phones and pets are strictly discouraged. If you disregard these restrictions, you are increasing risk of injury to yourself and others and are assuming full responsibility for all injuries incurred. Hot and humid conditions may exist, drink plenty of fluids before and after the race.

Entry Form

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Age race day _____ Date of Birth _____ Sex **M** **F**

In consideration of the acceptance of this entry, I release from their own negligence, Estero. H.S. Lee County Public Schools, 3D Runners, race officials and timers and all individuals any way connected with this event, from any injury or illness I may sustain during my participation in this event or which in any way is associated with this event. I attest that I am physically fit and have trained sufficiently for the completion of this event. I attest that I am informed of the dangers of running in hot humid weather.

 Signature athlete or parent/guardian

 Date