



LOCATION: Sanibel Community House, 2173 Periwinkle Way, Sanibel Island 33957.

DATE/TIME: October 26th 2019 | Race Starts at 7:30 AM | Fun Run Start at 9:00 AM

PROCEEDS: Proceeds to benefit F.I.S.H.(Friends in Service Here) of Sanibel, Inc. A 501(c)(3) non-profit, volunteer organization of neighbors helping neighbors on Sanibel and Captiva islands in Southwest Florida. [F.I.S.H. of SANCAP](#)

DONATIONS: 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 Island 33957.

COURSE: Come out and enjoy running on the streets of beautiful Sanibel Island [COURSE MAP](#)

ENTRY FEES PRE-REGISTRATION:

- \$40.00 Postmarked by October 20th, 2019
- \$45.00 From October 21nd through 25th.
- \$50.00 Race Day
- Free Kid's Fun Run—Must check-in race day

All entrants pre-registered by September 15th are guaranteed a T-shirt size (sizes based upon availability after this date).

ONLINE-REGISTRATION:



MAIL-IN APPLICATION

MAIL-IN REGISTRATION: Fort Myers Track Club
P. O. Box 60131
Fort Myers, FL 33906

PACKET PICKUP & REGISTRATION:

Friday, October 25th 2:00p.m - 6:00 p.m.
Run Florida
13101 McGregor Blvd, Ft. Myers, FL
239-225-0234

OVERALL AWARDS:

All Overall awards will be based on **Gun Time**.

- Top Male and Female Overall Winners
- Top Male and Female Masters Winners
- Top Male and Female Grandmaster Winners
- Top Male and Female Senior Grandmaster

AGE GROUP AWARDS:

All Age Group awards will be based on **Chip Time**.

Three awards are given in each age division
Male & Female:

9 & under	10-12	<i>*If you are not able to stay for the Awards, they can be picked up starting October 30th at the FISH Walk In Center, 2430-B Periwinkle Way Sanibel, FL</i>
13-15	16-19	
20-24	25-29	
30-34	35-39	
40-44	45-49	
50-54	55-59	
60-64	65-69	
70-74	75-79	
80 & Up		

RACE DAY REGISTRATION & PACKET PICK-UP: 6:30 AM at the Sanibel Community House.

REFRESHMENTS: A variety of food and drink will be available to participants.

STRICTLY PROHIBITED: unregistered participants, unauthorized vehicles, bicycles, roller blades, skates, skateboards, strollers and pets are strictly prohibited. Baby joggers are allowed but participants must start and remain at the back of the runners/walkers, thereby not interfering (passing, swerving between) with the other participants.

HEAT WARNING: Temperatures/humidity can be high in South Florida. Participants should drink plenty of fluid (non-alcoholic) for 48hours prior to, during and upon finishing the race. Beware of heat-injury symptoms (dizziness, no sweating, nausea, cramps, red ness, incoherent speech and thoughts). Seek immediate assistance if symptoms occur. Wear loose, light-colored clothing.

CHIP TIMING: This event will be timed with the ChronoTrack Bib Tag Technology. Your Timing Strip is attached to your race number. Do not remove this tag, fold or wrinkle it or your race number. Do not cover your race number (Tag) with a jacket. Simply pin all four corners to your running shirt.

This event will have a Chip Start and Finish.

