



Down Syndrome Achievement Centers
educate, inspire, believe.

Fort Myers, FL

- Visit with Santa Clause!
- Free race day photos
- Continental Breakfast

December 7, 2019
10K Run & 2 Mile Fun Run/Walk
8:00AM

LOCATION: **([COURSE MAP](#))** Intersection of Edwards Dr & Hendry St, Fort Myers, FL 33901

TIME: Race Day (12/7)

Registration	7:00 AM
10k Run/Walk	8:00 AM
2 Mile Fun Run	8:00 AM

PROCEEDS: All Proceeds will go towards GiGi's Playhouse of Ft. Myers

ENTRY FEES PRE-REGISTRATION:

River Run 10K

* 10k Run (through 12/6)	\$40/\$32 FMTC Member
Ft. Myers Track Club Youth 18 and under	\$30/\$24 FMTC Member
10k On Race Day (all entries)	\$45

2 Mile Fun Run/Walk

* Adult (through 12/6)	\$30/\$24 Member
* Youth (through 12/6)	\$20/\$16 Member
Race Day (all entries)	\$35

**FMTC member discounts apply for indicated registration class.
 Members must be logged into their individual Chronotrack account to receive their discount when registering online.*

REGISTRATION & PACKET PICK-UP:

Friday, Dec. 6, 3PM - 6PM

Run Florida

13101 McGregor Blvd. Fort Myers

239-225-0234

Race Day, Dec7, starting at 7:00 AM



REGISTER NOW



OVERALL AWARDS 10K Run

Overall Awards based on Gun Time

- 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

Age Group Awards based on Chip Time

MALE & FEMALE AGE DIVISIONS

9 & under

10-12

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 & Up

MAIL-IN: Mail **PRINTABLE APPLICATION** to Fort Myers Track Club by Nov 27, P. O. Box 60131, Fort Myers, FL 33906.

AMENITIES: 10K entrants receive a long sleeved technical shirt, entry for random prize drawings and outstanding post-race refreshments, including continental breakfast. Walkers receive a short sleeve cotton shirt.

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.

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. The race number must be attached on the front for accuracy. Do not cover your race number (Tag) with a jacket. Simply pin all four corners to your running shirt (front). This event will have a Chip Start and Finish.

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, redness, incoherent speech and thoughts). Seek immediate assistance if symptoms occur. Wear loose, light-colored clothing.