

Running With The Sharks 5k
To Benefit the Oasis High School Football
Time Sanctioned and Timed by 3D Racing & The Run Shoppe
Saturday June, 11th, 2016 at 7:15 am
Starts and Ends at Oasis High School - 3519 Oasis Blvd, Cape Coral, FL

Entry Fee – Pre-registered adult \$25.00, Youth under 18 \$20.00, 1 Mile Kids Fun Run \$10, Race day all entries \$35.00 - Pre-registration discount ends June 8th, 2016.

Early Packet Pick Up at The Run Shoppe, 1407 Cape Coral Parkway E. Friday, June 10th, 2016 from 2-6pm

Race Day Packet Pick Up at Oasis HS 6:30am-7:15am.

Awards: Overall Male and Female, Masters, Grand Masters and Senior Grand Masters

- 3 deep in each of the following age groups - Male and female: 10 and under, 11-14, 15-19, 20-24, 25- 29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70+ and over
- All Kids Fun Run Mile participants will receive a ribbon!

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. Roads will be open to traffic so please obey all safety rules and course officials.

Entry Form

5K- Adult (\$25)_____ 5K- Youth (\$20)_____ 1 Mile Kids Fun Run (\$10)_____

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 Oasis High School, 3D Racing, the Run Shoppe, 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 Guardian _____ Date _____

Send Checks payable to Oasis High School C/O the Run Shoppe 1407 Cape Coral Pkwy E,
Cape Coral Fl. 33904