

Registration:
6:00pm

Race Start:
7:00pm

Networking:
8:00pm

GROW AFRICA "RUN FOR WATER" 5K FUN RUN/WALK

"Changing lives, one well at a time"

September 25th, 2010

COURSE

Race starts and finishes at
Cape Harbour

- 5848 Cape Harbour Dr
Cape Coral, FL 33914

PACKET PICKUP

September 17th - 21st, 2010

- The Run Shop & Walkers Too!
PH: 239.540.9529
512 Del Prado Blvd
Cape Coral, FL 33904

Register Early:

- First 200 registrants guaranteed
t-shirt on race day



AWARDS

Awards follow race and results
posted within 24 hrs of race at:

- www.therunshoppe.com/3dracing

Awards to male and female in
the following categories:

- Overall
- Masters
- Grand Masters
- Senior Grand Masters

Awards to male and female,
three deep, in the following age
groups:

- Under 10 • 11—14 • 15—19
- 20—24 • 25—29 • 30—34
- 35—39 • 40—44 • 45—49
- 50—54 • 55—59 • 60—64
- 65 & up

COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM
THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE WITHIN THE STATE. REGISTRA-
TION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.
800.435.7352 inside FL or 800.488.2221 outside FL.

**GROW Africa
2210 SE 5th Ter
Cape Coral, FL 33990**

**Ph: 239.222.6882
khardtke@growafricainc.org
www.growafricainc.org**

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Checks payable to:
GROW Africa

Mail Check & application to:
The Run Shoppe & Walkers Too!
3512 Del Prado Blvd
Cape Coral, FL 33904

or Register online:
www.active.com

Last Name: _____ First name: _____
Mailing Street Address: _____ Apt: _____
City: _____ State: _____ Zip Code: _____
Birthday: ____/____/____ Age: _____ Telephone: _____
Email Address: _____

T-Shirt Size: **S M L XL** Sex: **M F** Entry Type: **Run Walk**

Entries rec'd by Sept 10th:
____ \$17 all ages

Entries rec'd Sept 11th-24th:
____ \$20 Adult
____ \$17 Youth (under 18)

Race day entries:
____ \$25 all ages

The race will be run rain or shine; no refunds, please. Due to the nature of the course and for safety of all participants, any and all unregistered participants, unauthorized vehicles, bicycles, roller blades/skates/skate boards, shoes, strollers, head phones and pets are strictly discouraged. If you disregard these instructions, you are increasing the 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 race.

RELEASE FORM IS MANDATORY. INCOMPLETE OR UNSIGNED ENTRY FORM WILL NOT BE ACCEPTED.

In consideration of the acceptance of this entry, I release from their own negligence, GROW Africa, 3D Racing, race officials, timers and all individuals in any way connected with this event, from injury or illness that I may sustain during my participation in this event or which in any way is associated with this event. I attest that I am informed of the dangers of running in hot, humid weather.

Signature of runner/walker (parent/guardian of those under 18) Date

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FUNDRAISING FOR GROW AFRICA

Raise over \$100 for a complimentary entry fee!

Make checks payable to: GROW Africa, a non-profit 501c3 organization. Turn in checks at event on Saturday, September 25th, 2010.

Name:..... Donation amount:

Address:..... City: State: Zip:

Name:..... Donation amount:

Address:..... City: State: Zip:

Name:..... Donation amount:

Address:..... City: State: Zip:

Name:..... Donation amount:

Address:..... City: State: Zip:

Name:..... Donation amount:

Address:..... City: State: Zip:

Thank you for being a part of GROW Africa's inaugural "Run for Water" 5K fun run/walk. If you are interested in serving on a well building trip to Zambia, please visit our website www.growafricainc.org for more details or call Kathy Hardtke at 239.222.6882 or email Kathy at Kathy@growafricainc.org. Thank you for your support!

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