



March 31, 2012 at Coconut Point - Event opens at 6: 30 a.m. - Race starts at 8:00 a.m.

5K Runners - packet pick-up March 23rd-30th at 3D Racing - 3512 Del Prado Blvd., Suite 107 Cape Coral, FL 33904  
 All participants - Day of event packet pick-up - Saturday, March 31 from 6:30 a.m. to 7:45 a.m.  
 at Coconut Point

**Registration Fees**

- One-mile walk/fun run - \$15
  - 5K Run Adult - \$25
  - 5K Run Youth (17 and younger) - \$15
  - Entry with a dog - additional \$5
- Hurry! Register before March 10 to guarantee goodie bag and T-shirt availability.

In addition to running or walking in The Fast and the Furriest you can sign up at [www.firstgiving.com/14103](http://www.firstgiving.com/14103) to raise additional money for the Gulf Coast Humane Society via pledges and donations.

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Date of Birth (Month, Day, Year) \_\_\_\_\_

T-Shirt Size: Please circle your choice:      S      M      L      XL      XXL

Will you be participating in: (select one)

One-mile walk/fun run                      5K Timed Race

Will a pet be participating with you?      Yes                      No

Name and approximate weight of pet: \_\_\_\_\_

5K Runners Only - please circle your age division:

11 & under	12-14	15-17	18-24	25-29	30-34	35-39
40-44	45-49	50-54	55-59	60-64	65 & up	

**You can also register online at [Active.com](http://Active.com)!**

No refunds rain or shine.

Release and Waiver: In consideration of acceptance to this event, by signing below, I assume all risks and hold harmless the sponsors, officials, volunteers and all persons associated with the Gulf Coast Humane Society, 3D Racing, Simon Mall, Coconut Point, and the City of Estero, from any liability, claims, or causes of action of every kind and nature arising out of or relating to my participation in this event. For the safety of all participants: no unregistered participants, bicycles, skateboards, roller skates, roller blades, or retractable leashes will be permitted. Baby joggers, baby strollers, and head phones are discouraged. Any animals that participate must be well-behaved, leashed, vaccinated, must be physically capable of this event, and must begin toward the rear of the running pack as to not interfere with other participants. Please only bring pets that are accustomed to this distance and these weather conditions. If you disregard these restrictions, you are assuming liability for any injury which may occur to yourself or others during this activity. Hot and humid conditions will likely exist, drink plenty of fluids prior to the race and replenish your fluids at the hydration station along the route and after the finish line. I also give my permission for the free use of my name and picture in any broadcast, telecast, web-posting, or written account of this event. I further certify that I am properly trained, physically fit, capable of this event, and acknowledge the dangers of participation in such an event.

Signature (Parent/Guardian if under 18)

Date

Mail form to the Gulf Coast Humane Society-2010 Arcadia Street Fort Myers Florida 33916