



The Arthritis Foundation & The Benderson Development Company, LLC



Presents

Creaky Bones IV

5K runners receive 'Syntrel' microfiber training Tee 'To Dye For'

"Make no bones about it, This benefits the Arthritis Foundation"

5K Run & Kid's Monster Dashes

SATURDAY OCTOBER 23, 2010

NATHAN BENDERSON PARK SARASOTA

5K Run 5:00PM

Meet Doggie Bones

1 mile fitness walk

For Walkers with or without Pets.

Walkers receive a special

'Doggie Bones' T-shirt. Doggies receive a 'Doggie Bones' Bandana.



Registration from 3:00PM

Kid's Races 4:00PM • Pet Friendly Walk 4:30PM • 5K Run 5:00PM

5K - \$25 till 10/20, \$30 after 10/20 • 1 Mile - \$15 till Race Day • Kid's \$10 till race day

FOR MORE INFORMATION CALL

(941) 708-3901

Information & forms at www.RunnerGirl.com or www.active.com



Proceeds to benefit the Arthritis Foundation supporting research for a cure, local services including exercise programs and summer camps for kids with arthritis.





Creaky Bones TV

"Make No Bones About It, this benefits the Arthritis Foundation".

The Creaky 5K Cross Country Run



5K Run (XC) Cross Country proceeds south on paved and dirt road then left around the Regatta Lake on a trail (Please do not step on Creaky Alligators) then returns back north on a bike path to the finish. Beautiful 'Creaky' vistas of Benderson Park Lake and the Regatta crew lanes. This is Creaky Pet and Creaky Stroller Friendly.



1 Mile pet friendly Run/Walk starts at 4:30 p.m. prior the 5K Run. This is Pet Friendly and you can enjoy it at your own pace. All walkers with dogs receive a special 'doggie bandana', plus all walkers receive a special commemorative 'Doggie Bones' t-shirt and finisher's ribbon.



Kid's Monster Dash races start at 4:00 p.m. at the 5K Start by the bleachers on the bike path. The Monster Dashes comprises of four heats: 3 to 4 years run 100 meters (the comparable distance is between home plate and the outfield); 5 to 6 years run 200 meters; 7 to 9 years run 400 meters; and the big kids 10 to 12 run 800 meters. All kids receive their own running bib, goodie packet, finisher's medal, and official Creaky Bones T-shirt. Engraved trophies to the boy and girl winners in each age group, 1st, 2nd, and 3rd.



Awards M/F: Overall, Master 40+, Grand Master 50+, Senior Grand Masters 60+, Veteran Grand Masters 70+, 3 deep in age groups 14 & under, 15-19, then 5 year age groups from 20 -24 to 80+.



Creaky Bones party and Costume Contest. Ugly prizes courtesy of Fit2Run! Great Creaky post race party courtesy of LeeRoy Selmons, World of Beer (beer with proper ID), and refreshments from local area restaurants.



Early registration and packet pickup available at the Fit2Run Annex. 8485 Cooper Creek Blvd., (University Center) University Park, FL 34201. Store Hours from Saturday October 17th through Thursday October 21st. Day of registration 3 p.m to 4:30 p.m. at Nathan Benderson Park.



Directions I-75 University Exit (213) West to N. Cattleman's (Target Store) 34243. Left on N. Cattleman's staying left following signs for parking. Nathan Benderson Park and Lake just south of parking.

Thank you to our sponsors:



Register on line at 'Active.com' For information and forms: www.RunnerGirl.com

Last Name				First Name				Mi
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Birth Date			Age	Shirt size			Male	Female
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Month	Day	Year	On race day	S	M	L	XL	XXL
Address (Street)								
<input type="text"/>								
City			State			Zip		
<input type="text"/>			<input type="text"/>			<input type="text"/>		
Daytime phone number				Evening phone number				
<input type="text"/>				<input type="text"/>				
Email: <input type="text"/>								

METHOD OF PAYMENT

Make check or money order payable to: **Arthritis Foundation**
Mail with completed entry form to:
Arthritis Foundation, 410 12th St. W, Bradenton, FL 34205

FEES

- 5K Run MTC/BRC/LRRR Members only, till 10/21 (in Store) **\$20**
- 5K Run, till 10/21 **\$25**
- 5K Run, after 10/21 **\$30**
- 1 Mile Walk, till race day **\$15**
- Kid's Run (by 10/21 for t-shirt) **\$10**

Amount enclosed: \$ _____

Check Amex Visa Mastercard

Exp. date

Can be faxed to 941-748-2226 **NO REFUNDS**

* Note: T-shirts guaranteed to pre-registered runners

RACE INFO
Phone: 941-708-3901
www.RunnerGirl.com

LIABILITY WAIVER: Waiver Release: I hereby certify the following: (1) I am Physically fit and have received medical clearance to participate in the Creaky Bones. (2) In consideration for my application to participate in the Creaky Bones being accepted, I, on behalf of myself, my heirs and assigns, and my estate, hereby waive and forever discharge the sponsors, organizers, affiliates, as well as their agents and employers from any and all claims that may accrue as the result of my participation. (3) I hereby grant the Arthritis Foundation specific permission to reproduce, publish, circulate copyright or otherwise use any and all photographs and/or video tape of me and/or my family, taken at the Creaky Bones, for use by the Arthritis Foundation.

Signature of runner or walker (Parent or Guardian Signature if under 18)

Date