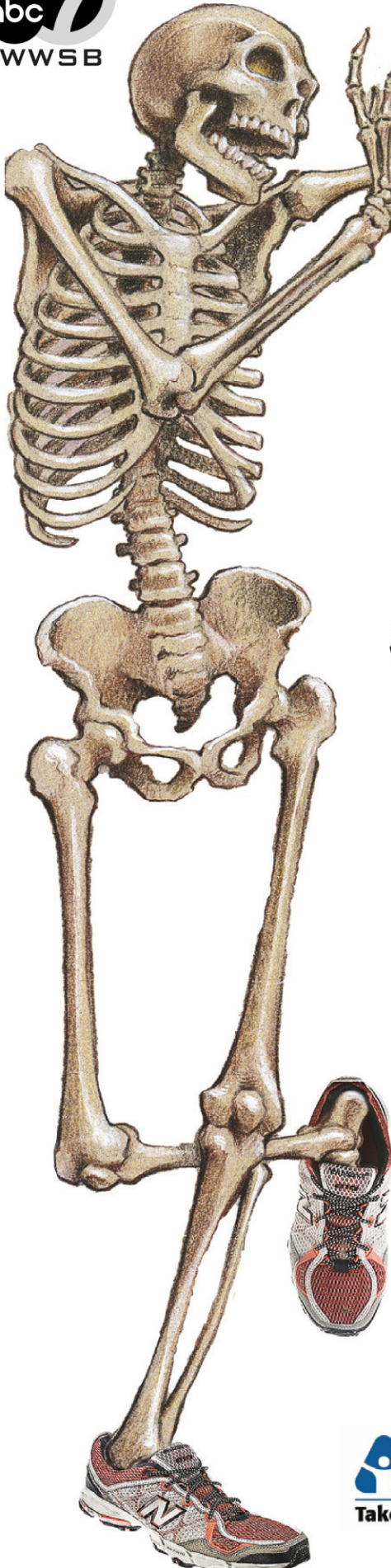


This 5K will Leave You Breathless!



# Creaky Bones V

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

## 5K Run & Kid's Monster Dashes NATHAN BENDERSON PARK SARASOTA

Saturday October 22, 2011

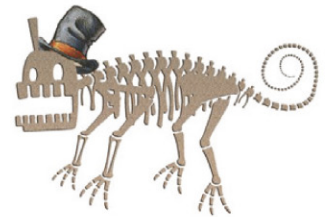
5K 5:00 pm Kid's 4:00 pm

### 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 3:00 p.m.**

**Kid's Races 4:00 p.m. • Pet Friendly Walk 4:30 p.m. • 5K Run 5:00 p.m.**

**FOR MORE INFORMATION CALL**

**(941) 708-3901**

**Information & forms at [www.RunnerGirl.com](http://www.RunnerGirl.com) or [www.active.com](http://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 V

## The Creaky 5K Cross Country Run

Hosted by



Presented by

The Benderson Development Company, LLC



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. (Note course is bumpy at times)



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 sponsored by Whole Foods Market 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.



**GREAT AWARDS:** M/F Overall, All winners in their respective groups receive beautiful handcrafted award tiles: M/F Masters; M/F Grand Masters; M/F Sr. Grand Masters; M/F Veterans. Then age group awards three deep 14 and under; 15-19; then 5 year age groups from 20-24 to 80+. Finisher medals to all kids. **Chip Timing This Year, Yea!**



Results on [coolrunning.com](http://coolrunning.com).



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 8249 Cooper Creek Blvd., (University Center) University Park, FL 34201. Store Hours from Saturday October 15th through Thursday October 20th. Day of registration 3 p.m to 4:45 p.m. at Nathan Benderson Park.

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

### Thank you to our sponsors:



SKINSMART DERMATOLOGY



FLORIDA CHIROPRACTIC association inc



HEALTHSOUTH Rehabilitation Hospital of Sarasota



For information and forms: [www.RunnerGirl.com](http://www.RunnerGirl.com)

## REGISTER ONLINE: [www.active.com](http://www.active.com)

OR FILL OUT THE FORM BELOW. PLEASE PRINT CLEARLY. PLEASE COMPLETE ENTIRE FORM.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Birthday (DD/MM/YYYY): \_\_\_\_\_ Age on Raceday: \_\_\_\_\_  Female  Male

E-Mail: \_\_\_\_\_ Club Name: \_\_\_\_\_

Shirt Size (circle one): WXS WS WM WL S M L XL XXL KIDSS KIDSM KIDSL

### GENERAL WAIVER AND RELEASE OF LIABILITY AGREEMENT

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

### METHOD OF PAYMENT

Make check or money order payable to: **Arthritis Foundation**  
If not registered on -line, send by mail completed entry form to:  
Arthritis Foundation, 410 12th St. W, Bradenton, FL 34205

### FEES

- 5K Runner \$5 Club Member Discount includes CLUB Fit2Run, MTC, LWRR, SPRR, Bradenton Runner's Club, and St. Pete Mad Dog. FOR IN-STORE or MAIL REGISTRATIONS, til 10/19 - \$20.
- 5K Run, till 10/19 - \$25
- 5K Run, after 10/19 - \$30
- 1 Mile Walk, till race day - \$15
- Kid's Run (by 10/19 for t-shirt) - \$10
- Kid's Run (after 10/19 for t-shirt) - \$15

Check Amount enclosed: \$ \_\_\_\_\_

Please charge my credit card:  Amex  Visa  Mastercard

Exp. Date (MM/YYYY) \_\_\_\_\_

Card Number: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

Can be faxed to 941-748-2226

RACE INFO

\* Note: T-shirt size only guaranteed to pre-registered runners **NO REFUNDS** Phone: 941-708-3901 [www.RunnerGirl.com](http://www.RunnerGirl.com)

For more information call **941-708-3901**