

LONG DOGGERS

Radically Relaxed Grill & Brew



BEACH CHALLENGE

5K RUN / WALK

SAT, SEPT 17, 2011

LONGDOGGERS.COM

Entry Fee

Entry fees are non-refundable. Credit cards accepted during online pre-registration only. Cash or check only accepted on race day.

- Thru Sep. 1 \$20
- Sep. 2-23 \$25
- Race Day & Day Before Race \$30 (Cash or Check Only)

Cash or Check Only

Packet Pick Up & Registration

Pick-up race number, t-shirt, and packet at race site:

Friday from 5:00 p.m - 7:00 p.m.

Saturday from 2:00 p.m. - 5:00 p.m.

Online & Paper Registration

Register online through September 15 at:
www.longdoggersbeachrun.com



Make check payable to:

Smooth Running
 P.O. Box 33100, Indialantic FL 32903

Event Description

If you're looking for a radically relaxed good time with fitness, music, refreshments, and a beer, come out and join the party with Long Doggers for a 3.1 mile beach run Saturday, September 17th at **5:00 p.m.** - MyLaps Timed.

Tee-Shirts

Shirts are guaranteed to all registrants who pre-registered by September 15. Sizes are not guaranteed on race day registration.

Awards

Top Male & Female Overall

Top 3 Male & Female Age Groups in the following age categories ages: 14 & under, 15-18, 19-29, 30-34, 35-39, 40-45, 46-49, 50-54, 55-59, 60-69, 70+

Special Race Divisions

- Top 3 Finishers in Bikini's and Board Shorts (tasteful please)
- Top 3 Big Dog— over 225 pounds
- Best Male & Female Long Doggers Employee
- Top 3 Families

Location/Parking

Located at the Long Doggers Restaurant
 Address: 890 Hwy A1A, Indialantic FL 32903

Benefitting:



Entry Fee: Thru Sep. 1 \$20
 Sep. 2-15 \$25
 Race Day \$30 (Cash or Check Only)

Special Races (check one)

- Big Dog Board Shorts Bikinis
 Employee Family

Gender M F

Last Name _____ First Name _____ M

Address (street) _____

City _____ State _____ Zip Code _____

Day Phone _____

Date of Birth _____ Age (on race day) _____

T-Shirt Size S M L XL XXL

Make check payable to : Smooth Running
 Mail completed entry form to:
P.O. Box 33100, Indialantic FL 32903

Amount Enclosed

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED. In consideration of my entry being accepted, I intend to be legally bound, and do hereby, for myself, my heirs, executors, waive and release all rights and claims for damages which may have or which may hereinafter accrue to me against The City of Indialantic, Alta Vista Sports, Longdoggers, Smooth Running, and their sponsors for the event which I am entering, any subsidiary or political division thereof, their respective officers, agents, directors, representatives, successors, assigns, and sponsors for any and all damages or injuries which may be sustained and suffered by me in connection with my association with entry or participation in the event as mentioned above. If I should suffer injury or illness, I authorize officials of the race to use their discretion to have me transported to a medical facility, and I take full responsibility for this action. I attest and certify that I am physically fit and have sufficiently trained for the completion of the event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

