

2nd Annual



Hands Across The Harbor 2010

This community event is sponsored by the Charlotte Harbor and Punta Gorda Community Redevelopment Agencies to celebrate and encourage partnerships across the Harbor.

Date

Saturday, January 30, 2010
Event registration - 6:45 am to 7:45 am

Cost

Pre-registration entry fee is \$15.00. Forms must be received by January 27, 2010. Same day registration is \$20.00.

Location

Gilchrist Park, Punta Gorda
The park is located at 400 West Retta Esplanade. From I-75, take US 17 south toward Punta Gorda, pass both north and south US 41 and turn right on Harvey Street past the Punta Gorda City Hall. Free public parking is available across the street from the Best Western behind the historic Freeman House just east of the park.

T-shirts

Participants will receive a **Hands Across The Harbor** t-shirt. Pre-registered participants will get the best choice of sizes.

Awards and Drawing

There will be a drawing for door prizes for all participants and awards for the runners. Run timing provided by Zoomers.

www.zoomersrun.com

Events

Eight Kilometer (approx. 5 mile) Run

The running course begins on Retta Espanade near the playground adjacent to Gilchrist Park in Punta Gorda. Participants follow the road heading east and then north on the Gilchrist bridge. (The left hand lane heading north will be closed to vehicular traffic.) Participants then turn left on Bayshore Road and enter into Bayshore Live Oak Park following the park sidewalk. The turnaround is at the Charlotte County Historical Center. The run returns to Gilchrist Park using the same route and ends near the picnic shelter.

The run begins at 8:02 am.

Fun 5k Walk

This approximately 5 kilometer (3.1 mile) walk follows the same route as the run described above with the exception that the turnaround is at the Bayshore Live Oak Park fireplace shelter. The fun walk is a non-timed, non-competitive event. Walkers returning to the north of Gilchrist Bridge after 9:15 am will be routed to the sidewalk adjacent to the Gilchrist Bridge on their return to Gilchrist Park. **The walk begins at 8:05 am.**

Bicycle 10 Mile or 20 Mile Ride

The bicycle ride begins on Retta Espanade adjacent to Gilchrist Park in Punta Gorda. Participants follow the road heading east and then north on the Gilchrist bridge. (The left hand lane will be closed to vehicular traffic.) Participants then turn left on Bayshore Road and continue west along a marked course on Edgewater Drive. The route will return to Gilchrist Park along the same route and ends near the picnic shelter. Bicyclists must return to the north end of the Gilchrist Bridge by 9:45 am to return using the west most lane which will be closed to vehicular traffic. The bicycle ride is a non-timed, non-competitive event.

The bicycle ride begins at 8:00 am.

Event Hotline

941-639-1922 or www.zoomersrun.com

Please check your participation:

- Walker 5k (non-competitive)
- Runner 8k
- Bicyclist 10 mile (non-competitive)
- Bicyclist 20 mile (non-competitive)

Pre-registration fee is \$15.00.
Same day registration is \$20.00.
Event Hotline:
941-639-1922

Make your check payable to:

Zoomers Southwest Florida
Running and Triathlon Club
Mail completed form and check to:
The Tropical Store,
306 West Marion Ave., Punta Gorda, FL 33950

Name (last) _____ (first) _____

Address _____ Apt. _____

City _____ State _____ Zip _____

Phone _____ Sex M F Age (as of January 30, 2010) _____ **Runners must list age.**

Email address _____ T-shirt size: Small Medium Large X-Large XX-Large

In consideration of the acceptance of my entry, I, for myself, my executors and assigns, do hereby release and discharge the City of Punta Gorda, City of Punta Gorda Community Redevelopment Agency, Charlotte County, Charlotte Harbor Community Redevelopment Agency, Charlotte Harbor Community Redevelopment Agency Advisory Committee, Zoomers Southwest Florida Southwest Florida Running and Triathlon Club and their members, staff, agents and volunteers, all race sponsors, all officials of the race and all other participants of the race and event for all legal and equitable claims that I have or may have arising out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate. (In the event a claim is adjudicated to be enforceable despite this paragraph, I agree that recovery shall be limited to claims against the applicable insurance coverage of the foregoing released parties claimed against.) In the event the race is cancelled, I understand that entry fees will not be refunded, and I will consider such fee as a donation. I also give my permission for the free use of my name and/or picture in any broadcast, telecast or other account or promotion of this event. (To the extent that any of the provisions of this paragraph are determined to be enforceable, I understand that the remainder of such provisions shall still be enforceable.)

Signature _____ Date _____

If under 18, parent/guardian signature: _____ Date _____

Bib #