

# NATHAN BENDERSON PARK

SARASOTA

FLORIDA

REGISTER  
**SUP  
AND  
RUN**  
.COM

**MAY  
25**  
2019



## 5K SUP & RUN



## 5K RUN



## 5K SUP



CASH PRIZES COOL AWARDS  
RACE DAY BLING



ROCKIN' POST-RACE PARTY DJ  
LIBATION LOUNGE

PRESENTED BY



TO BENEFIT



**SUPANDRUN.COM**



May 25, 2019 Benderson Park, Sarasota 8:00am SUPANDRUN.com

## ENTRY FEES \$5 OFF for Members of any Running or SUP club

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> 5K RUN <b>\$35</b>                   | <input type="checkbox"/> 5K SUP NO BOARD RENTAL <b>\$35</b>         | <input type="checkbox"/> 5K SUP & RUN NO BOARD RENTAL <b>\$35</b> |
| <input type="checkbox"/> 5K SUP WITH BOARD RENTAL <b>\$75</b> | <input type="checkbox"/> 5K SUP & RUN WITH BOARD RENTAL <b>\$75</b> |   |

## PACKET PICK-UP 3 LOCATIONS

- |   |  |                               |
|---|--|-------------------------------|
| • Wednesday, May 22, 2019 – 9am - 2pm   | • Thursday, May 23, 2019 – 4pm - 8pm                                   | • Race Day<br>6:45am - 7:30am |
| • Centauri Insurance<br>4081 Lakewood Ranch Blvd N #200<br>Sarasota, FL 34240 | • New Balance Sarasota<br>1872 Stickney Point Rd<br>Sarasota, FL 34240 |                               |



## EVENT DAY INFORMATION RACE STARTS at 8am sharp!

- Race will take place at Nathan Benderson Park, 5851 Nathan Benderson Circle, Sarasota, FL
- **PFD's ARE REQUIRED FOR SUP PARTICIPANTS**
- For those participating in the SUP & RUN 5K combination event, you will run first

## AWARDS & CASH PRIZES The 5K Run is a Manasota Track Club (MTC) Sanctioned Race



- 5K RUN: Overall Male, Overall Female, Master, Grand Master, Senior Grand Master, Veteran and 6 Deep in each 5 Year Age Group
- 5K SUP: Overall Male & Overall Female, Men's Age Groups (18-49, 50-60 & 61+) and Women's Age Group (18-49, 50-60 & 61+)
- 5K SUP and 5K RUN: Overall Male, Overall Female, Master, Grand Master, Senior Grand Master, Veteran and 6 Deep in each 5 Year Age Group
- **\$100 CASH PRIZE FOR 1ST PLACE MALE/FEMALE IN 5K RUN and 5K SUP**
- **\$200 CASH PRIZE FOR 1ST PLACE OVERALL MALE & 1ST PLACE OVERALL FEMALE IN THE COMBINATION SUP & RUN EVENT**

Send entry form and make check payable to: Sarasota Athletic Association, Inc., 4771 Vasca Drive, Sarasota, FL 34240

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Are you a Veteran Yes | No Club Member Yes | No Code \_\_\_\_\_

Payment Type ☐ Cash ☐ Check ☐ Credit/Debit

Credit Card Number \_\_\_\_\_

Expiration \_\_\_\_\_ CVV2 \_\_\_\_\_ Billing Zip: \_\_\_\_\_

**TOTAL**  
**\$**

WAIVER: I know that running and paddling is a potentially hazardous activity. I should not participate unless I'm medically able & properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic conditions of the road, all such risks being known and appreciated by me. By signing this form, I agree that for safety reasons, strollers, baby joggers, bicycles, skates, and animals are not permitted in the race. Having read this waiver and knowing these facts and considerations of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive & release the Sarasota Athletic Association, Benderson Development, Nathan Benderson Park, Sarasota Aquatic and Nature Association, Sarasota County, Manatee County, its officers & agents, all sponsors, their representatives & successors, including the Road Runners Club of America, its officers & directors, agents & employees from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature (If under 18): \_\_\_\_\_ Date: \_\_\_\_\_

Additional Questions? [suprandrun.com](http://suprandrun.com) Race Director | Felicia Cox | 941-600-7135 | [felicia358@gmail.com](mailto:felicia358@gmail.com)

### EVENT | FEE

☐ 5K RUN  
\$35

☐ 5K SUP  
NO BOARD RENTAL \$35  
TOTAL WITH BOARD RENTAL \$75

☐ 5K SUP  
& RUN  
NO BOARD RENTAL \$35  
TOTAL WITH BOARD RENTAL \$75

### T-SHIRT

☐ MALE ☐ FEMALE

#### T-SHIRT SIZE

☐ S ☐ M ☐ L

☐ XL ☐ XXL ☐ XXXL