

3rd Annual
Fly Fish 5K
January 21, 2017



3rd Annual Fly Fish 5K

5K Run & Walk

Saturday, January 21, 2017

8:00 AM

(Rain or Shine)

Tying Shoes & Tying flies

To Support Casting for Recovery – Florida



Packet Pickup & Registration at Running Zone

Friday, January 20th: 10:00 am – 6:30 pm

Race Day: Saturday, Jan. 21st

Knights Enterprises- 701 Columbia Blvd., Titusville, FL

7:00 am Packet Pickup and Late Registration Starts

7:45 am Late Registration Ends

8:00 am Race Start!!

Awards: M-F: Top 3 Overall, Top Masters

Age Groups – Top 3 M-F

10 & Under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

More Info email: LBoisseau@gmail.com

Amenities: Access to the property is normally restricted. This is a unique opportunity for participants to run along forested perimeter roads, past historic testing facilities, storage bunkers and test fire ranges.



- Lots of Giveaways including a chance to win a tour of one of the finest private collections of historical military weapons, vehicles and artifacts.
- Fly Casting Demos
- T-Shirts Guaranteed to first 200 entrants

Fees: 5K Run/Walk

\$25 until January 17th

\$30 January 18th – Race Day

The 3rd Annual Fly Fish 5K Registration Form

Register Online at secure.runningzone.com

Mail form with fee to Running Zone (3696 N. Wickham Rd., Melbourne, FL 32935)

Make Checks payable to Cfr-FL

First _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone (daytime) _____ Email _____

Gender: ☐ Male ☐ Female Date of Birth ____/____/____ Age on Race Day _____

T-Shirt Size (Adult) S M L XL XXL

RACE MANAGEMENT BY



Incomplete or Unsigned Entry Forms Will NOT Be Accepted

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Fly Fish 5K event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

Signature (or Parent / Guardian if under 18 yrs) _____ Date _____

The Mission of Casting for Recovery (CfR) is to enhance the quality of life of women with breast cancer through a unique program that combines breast cancer education and peer support with the therapeutic sport of fly-fishing. The retreats offer opportunities for women to find inspiration, discover renewed energy for life and experience healing connections with other women and nature. CfR's retreats are open to breast cancer survivors of all ages, in all stages of treatment and recovery and are free to participants.