



5<sup>th</sup> Annual  
**Fly Fish 5K**  
 5K Run & Walk  
 Saturday, January 19, 2019  
 8:30 AM



*Tying Shoes & Tying Flies*  
*To Support Casting for Recovery – Florida*

**Packet Pickup & Registration:**

Friday, Jan. 18th 10:00 am – 6:30 pm  
 Running Zone (3696 N Wickham Rd, Melbourne)

**Race Day:**

Saturday, Jan. 19th  
 701 Columbia Blvd., Titusville, FL

7:30 am - Packet Pickup & Late Registration  
 8:15 am - Late Registration Ends  
 8:30 am - Race Start!!

**Awards:**

M & F: Top 3 Overall, M & F 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, 75-79, 80+

Proceeds from the Fly Fish 5K go to the **Casting for Recovery – Florida** Retreat: open to breast cancer survivors of all ages, in all stages of treatment and recovery and are free to participants.

Hosted by:  **KNIGHT**  
 ENTERPRISES

**South Titusville – Close to I-95 and 15 minutes from Cocoa**

**Amenities:**

- Finisher Medal
- T-Shirts Guaranteed to first 200 entrants
- Awesome giveaways after the race!

**Fees:** \$25 until January 14<sup>th</sup>  
 \$30 January 15<sup>th</sup> – Race Day

More Info email: [LBoisseau@gmail.com](mailto:LBoisseau@gmail.com)

**5th Annual Fly Fish 5K - Official Registration Form**

Register Online at [secure.runningzone.com](http://secure.runningzone.com) OR mail form to Running Zone, 3696 N. Wickham Rd., Melbourne, FL 32935  
**Make Checks payable to Cfr-FL**

Name \_\_\_\_\_

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



**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.