



Mangrove Marathon

December 9, 2012 - Cape Coral, Florida

Location: Cape Harbour in SW Cape Coral, Florida

--Start and Finish

Race Start Time: 6:30 am for Marathon and Half-Marathon

6:45 for Mini-Marathon

Kids races will start at 7:00 and then every 5 minutes.

Mile Markers: Mile markers and Kilometers will be placed on course.

Timing/Scoring: Chip Timing/Scoring will be provided by 3D Racing Inc.

Registration: Pre-register through Active.com, at the Run Shoppe, and mail or fax to Had a Good Run, LLC. Race day registration will be available at 5:45 am.

Refreshments: Ice Cold water and electrolyte drink will be available every two miles on the course and at the finish line.

Race Bags: Each runner will receive a goody bag of stuff and race t-shirt.

Cost: Marathon(M): By 10/1/2012 - \$80 By 11/1/2011 - \$90 Up to Race Day - \$110

Marathon Relay - Consists of 2 legs to cover the marathon course:

2 Person Relay(MRe2): By 10/1/2012 - \$85 By 11/1/2012 - \$105 Up to Race Day - \$140

Half Marathon(HaM): By 10/1/2012 - \$40 By 11/1/2012 - \$50 Up to Race Day - \$80

Mini Marathon(MiM)- 2.62 Miles: By 11/1/2012 - \$15 By 12/1/2012 - \$20 Up to Race Day - \$35

Kids Races(Kids): \$5

Mail completed entry form to: Had a Good Run, LLC, 13650 Fiddlesticks Blvd. Ste. 202-285, Ft. Myers, FL 33912
Website:www.mangrovermarathon.com Race Information: 239-849-8953 Fax entries to 1-239-236-0248

Last Name: _____ MI:___ First Name: _____

Birth Date: _____ - _____ - _____ M___F___ Age___ Race Entering M___MRe2___MRe4___HaM___MiM___Kids___
Mo. Day Year

MRe Team Name: _____

Address (Street): _____

City: _____ State: _____ Zip: _____

Daytime Phone Number: _____ - _____ - _____ Evening Phone Number: _____ - _____ - _____

Email: _____

LIABILITY WAIVER: I, _____ (please print) desire to participate in any event associated with Had a Good Race, LLC/3D Racing or any of their sponsors. I realize that participation in these races carries with it certain risk, and I fully assume any and all risks for my participation. Therefore, I, for myself, executors, administrators, heirs, next to kin, successors and assigns, waive and release anyone associated or affiliated with this event, Had a Good Race, LLC/3D racing or any of their sponsors (The Releasees) from any all claims, potential claims, damages, court costs and attorney's fees that may arise from my participation in the event. Furthermore, I agree to indemnify and hold harmless the Releasees for any damages from any such claims or damages due to loss or destruction of my personal property while at the event site or property.

Signature: _____
(Parent or Guardian Signature if under 18)

Date: _____ - _____ - _____