



ISLAND PALMS HOTEL & MARINA • THE BAY CLUB HOTEL & MARINA  
 HOLIDAY INN SAN DIEGO BAYSIDE • HUMPHREYS HALF MOON INN & SUITES  
 KONA KAI RESORT, SPA & MARINA



**Start Time/Location:**

- SUNDAY, NOVEMBER 6, 2011 - 7:30 A.M.
- Starts Holiday Inn, 4875 N. Harbor Dr. to Humphrey's on Shelter Island.

**Fees:**

- 5K Run/Walk: \$35 until Monday, October 24; Late Fee \$40; Event Day \$45
- Kids Fee (ages 12 & under): \$14 until Monday, October 24; Late Fee \$18
- Special US Military Active Duty Fee \$23 ONLY until Oct. 24 (regular fee applies after Oct 24th)
- Special Injured US Military Fee: \$18 until Oct. 24; Late fee \$27.
- Be sure to include a self addressed stamped #10 envelope with each entry.
- Day of Race Registration/Bib# Pick Up Begins at 6:00 A.M.
- Fees are NON-REFUNDABLE • Bibs are NON-TRANSFERABLE

**FEATURES:**

- Shelter Island Sunday Champagne Breakfast
- High quality t-shirts to all participants
- Additional Drawings for Weekend & Overnight Accommodations at Shelter Island Hotels & Gift Certificates for Dinner & Sunday Brunches
- Split Times each Mile
- Chip timing
- Computerized Results by Kathy Loper Events
- Shuttle From Finish back to the Start Following Event

**AWARDS:**

- 5K: First 3 in each age division
- USAT&F Certified Course/Sanction Event

**BENEFITS:**

**UC San Diego Medical Center  
 Bannister Family House**



**Race Director:**

Kathy Loper 619-298-7400  
 Mon. - Fri. 9:00am - 4:00pm  
 www.kathyloperevents.com/si5k



Make checks payable to: Shelter Island 5K  
 Mail entry to: Shelter Island 5K,  
 7801 Mission Center Court, Suite 204, San Diego, CA 92108  
 ONLINE REGISTRATION: www.kathyloperevents.com/si5k

**SHELTER ISLAND HOTELS**

*Stay on San Diego's Hawaiian Isle*

ShelterIslandHotels.com • ShelterIslandVillage.com • DriveToHawaii.com • BigBayVacations.com

Name (first) \_\_\_\_\_ (last) \_\_\_\_\_  
 \_\_\_\_\_

Mailing Address - include Apt # \_\_\_\_\_  
 \_\_\_\_\_

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

Phone/Home \_\_\_\_\_ Phone/Business \_\_\_\_\_ M F Age on 11/06/11 Birth Date \_\_\_\_\_

WAIVER: I hereby release the City of San Diego, Shelter Island Village, San Diego Unified Port District, Kathy Loper Events, UC San Diego Medical Center - Bannister Family House and all municipal agencies whose property and/or personnel are used and other sponsoring or co-sponsoring company(ies), agency(ies), or individual(s) from responsibility or any injuries or damages I may suffer as a result of my participation in the Shelter Island 5K and related events. I hereby certify that I am in good condition and am able to safely compete in this event. I will additionally permit the use of my name and pictures in broadcasts, telecasts, newspapers, brochures, etc., and I also understand that the entry fee is non-refundable. As a participating athlete I certify that all information provided in this form is true and complete. I have read the entry information provided for the event and certify my compliance by signature below. Bib numbers are non-transferable. NO REFUNDS.

IF ATHLETE IS UNDER AGE 18: This is to certify that my son/daughter has my permission to compete in the Shelter Island 5K, is in good physical condition, and that race officials have my permission to authorize emergency treatment if necessary.

Additional Donation of \$ \_\_\_\_\_ to the UC San Diego Medical Center - Bannister Family House.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_  
 (all participants must sign waiver - Parent's signature if under 18 yrs. old)

**T-shirt Size**

(circle one)

S M L XL

**Divisions**

Men		Women
<input type="checkbox"/>	12 & Under	<input type="checkbox"/>
<input type="checkbox"/>	13 - 17	<input type="checkbox"/>
<input type="checkbox"/>	18 - 24	<input type="checkbox"/>
<input type="checkbox"/>	25 - 29	<input type="checkbox"/>
<input type="checkbox"/>	30 - 34	<input type="checkbox"/>
<input type="checkbox"/>	35 - 39	<input type="checkbox"/>
<input type="checkbox"/>	40 - 44	<input type="checkbox"/>
<input type="checkbox"/>	45 - 49	<input type="checkbox"/>
<input type="checkbox"/>	50 - 54	<input type="checkbox"/>
<input type="checkbox"/>	55 - 59	<input type="checkbox"/>
<input type="checkbox"/>	60 - 64	<input type="checkbox"/>
<input type="checkbox"/>	65 - 69	<input type="checkbox"/>
<input type="checkbox"/>	70 - 79	<input type="checkbox"/>
<input type="checkbox"/>	80+	<input type="checkbox"/>
<input type="checkbox"/>	Active Duty US Military	<input type="checkbox"/>
<input type="checkbox"/>	Injured US Active Duty Military	<input type="checkbox"/>