



SAT. DEC. 9, 2017 "RAIN OR SHINE"

Benefitting CAPE CORAL ANIMAL SHELTER – The Lifestyle MUTT STRUT 5K & 1 MILE WALK, Wicked Dolphin Rum Distillery & Cape Coral Spirits, 131 S.W. 3rd Place, Cape Coral, FL

New Event in support of building fund for the approved **NEW non-kill animal shelter in Cape Coral, FL.** A much needed facility to help other over-crowded Lee County animal shelters.

Cape Coral Lifestyle Mutt Strut 5k/Fun Mile Come out and bring your furry friend for a day of fitness and fun. Choose to run the 5k or the fun mile walk. You won't want to miss Cape Coral's biggest post-race party at Wicked

Dolphin! This is a family friendly event and all profits go to the Cape Coral Animal Shelter.

>> Dogs Must be Leashed at All Times, and MAY ONLY PARTICIPATE IN THE 1 MILE WALK!

5K START & FINISH: 8:00 am 1 MILE START & FINISH: 8:10 am
In FRONT OF THE WICKED DOLPHIN RUM
DISTILLERY, 131 SW 3rd Place, Cape Coral, FL

5K AWARDS: Top 3 Overall Males & Females,
Top 3 overall Males & Females Masters 40+ yrs.

5K Age Groups: Top 3 Overall Males & Females:
10 & Under, 11 to 19, 20-29, 30-39, 40 –49, 50-59, 60-69, 70-74, 75+

AMENITIES: Entry Fees includes T-shirt – GOODIE BAGS TO ALL ENTRANTS!

- Refreshments, Music, Vendors, Volunteers & Police on course. Water table for people & leashed pets!
- Timing, Results by LINMARK Sports, Inc. with state of the art timing which includes:
- Text Your Results as soon as timed 5K participants finish
- Bank of notebook computers for all 5K runners and 5K walkers to type in their race number to their results as they finish. All participants video taped as they cross finish line. View results posted at www.linmarksports.com

REGISTER NOW!-- GO ON-LINE TO:
<https://register.chronotrack.com/r/3214>

Pre - Packet pick-up & LATE ENTRY: FRIDAY,
DEC. 8 at BIG BLUE BREWING, Cor. of 4721 SE
10th PL. & SE 47th Terrace, Cape Coral.
5:30 pm to 8 pm.
5K \$30 1 Mile: \$25
ENTRY FEES INCLUDES T-SHIRT

EVENT DAY: on site at WICKED DOLPHIN RUM
DISTILLERY, 6:30 am to 7:45 am, at
distillery building's side parking lot.
ALL EVENT PARKING LOCATED ACROSS FROM DISTILLERY
IN THE EMPTY FIELD, NO STREET PARKING.
ENTRY FEES INCLUDES T-SHIRT 5K \$30 1 Mile: \$25

COURSE: START & FINISH in front of the Wicked Dolphin Rum Distillery. One large loop, with a second shorter repeat loop. Volunteers on course, mile markers, coned with police on course.

QUESTIONS: lindat@linmarksports.com Erika Smiley: Erika.Smiley@LifestylePubs.com - Event Director

Stay for the post event party, awards ceremony and doggie awards for cutest, best dressed and most athletic!