TOUR DE CAPE

JANUARY 21 - 22, 2017

January 20, 2017
Pre-event packet pick-up celebration

The weekend begins with a kick off celebration. Participants can pick up packets, maps, and t-shirts 5:00 pm to 8:00 pm. Enjoy a great start to the weekend with music, food, and fun. Activities are located near Fathoms restaurant.

January 21, 2017
5K Run

The 5K run/walk is designed for advanced and novice runners. On Saturday, check in begins at 6:30 am. Race time is 8:00 am. A continental breakfast will be available for participants.

January 22, 2017
Tour De Cape Bike Rides

Sunday's bike tours offer varied routes from 15, 30, 60, and 100 mile courses in the west and north sections of Cape Coral. The event provides a continental breakfast, lunch, on route rest stations with snacks and beverages, SAG vehicles, Police support, and route maps.

Location
Cape Harbour - Fathoms

Fathoms, 5848 Cape Harbour Drive,
Cape Coral, FL 33914
Website - www.capeharbour.com

Mail to:
City of Cape Coral
Att:Special Events Division
P.O. BOX 150027
Cape Coral, FL 33915

Saturday, January 21- 5k Run (age group awards given)

$20 Pre-Registration by Jan. 20

$25 Registration day of the event

Sunday, January 22 - Bicycling Tours

$35 Pre-Registration by Jan. 20 (includes lunch on Sunday)

$40 Registration day of the event (includes lunch on Sunday)

Ride and Run Combination

$40 Pre-Registration by Jan. 20 (includes lunch on Sunday)

$45 Registration day of the event (includes lunch on Sunday)

How to Register for Event

3 ways to register for the 2017 Tour De Cape:

1) Mail in registration form with payment
2) Go Online to www.active.com
3) Register at the pre-event Friday, January 20
- January 20 is considered pre-registration

Day of Registration

Saturday, January 21 - 5K Run	
Check-in:	6:30am - 7:45am
Race Time:	8:00am

Sunday, January 22 - Bicycle Tours	
Check-in:	6:30am - 8:30am
Ride Times:	
100 mile - 8:00am / 62 mile - 8:30am	
30 mile - 9:00am / 15 mile - 9:30am	

Event Details

All participants who register prior to **January 3, 2017** are guaranteed to receive a shirt. **Make Checks Payable to**: City of Cape Coral - a drivers license number is required. If registrant is under 18, the form must be co-signed by a parent or legal guardian. Participants under 13 years of age must be accompanied by a parent or legal guardian.

A CPSC approved helmet is mandatory, no exceptions! In Florida, a bicycle is a vehicle and must obey all traffic laws.

The **Tour De Cape** is not a race and is not a closed course.

Registration before **December 15th, 2016** you are guaranteed a **Dry Wick** shirt.
Registration before **January 3, 2017** you are guaranteed a shirt.
Registration after **January 3, 2017** event shirts are provided while supplies last.

It Starts in Parks

www.tourdecape.net

Last Name _____ First Name _____ Male ☐ Female ☐

Mailing Address (Include Apt. No and or C/O) _____

City _____ State _____ Zip Code _____

Telephone _____ Date of Birth ___ - ___ - ___

Email: _____

ENTRY FEE
Pre-Registration by Jan. 15 - Please Circle Event
$20 5K $35 Ride $40 Combo

Please Check Your Events
Run: 5k ☐ Cycling Rides: 15 ☐ 30 ☐ 62 ☐ 100 ☐

DRY WICK T-SHIRT
Please Circle Size - Need to pre-register by Dec. 15, 2016 for Dry Wick
S M L XL XX

Driver's License Number: - required for payment by check - _____

Credit Card: _____

Card Type: _____ Expiration Date: _____ CVC: _____

Mail to:
City of Cape Coral
Att:Special Events
P.O. BOX 150027
Cape Coral, FL 33915

Release Form (Mandatory) **CAPE CORAL TOUR DE CAPE**

Incomplete or unsigned entry form cannot be accepted. In consideration of the acceptance for entry in the Tour De Cape, I accept any risk of participation and agree to hold harmless the City of Cape Coral, Realmark..ETAL, The Run Shop, all event sponsors, and all officers, directors, staff and members of said organizations, their respective employees and agents, and any other entities and individuals who are in any way connected with this event, including volunteers assisting with the event. I understand that this acceptance of risk and hold harmless agreement is binding on myself and my personal representatives and assigns. I represent that I have adequately trained to participate in this event and recognize the risks of injury. I acknowledge this release is being relied upon by the above persons in permitting me to participate. Further, I hereby give full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recording and any other record of this event for legitimate purpose.

Initals of Participant _____ (Parent/Guardian if under 18)