

Stroke Your Heart Out

Sykes Creek Paddle Challenge

September 22, 2012

Kiwanis Island, 520 Merritt Island, FL

Check-in/Registration 7:30 a.m. – 8:30 a.m., event starts at 9:00 a.m.

All proceeds will go to **Rob Munchbach** for medical expenses:

**Donation: \$35 day of race/\$30 early registration
(postmarked by 9/7)**

Course: Boats & boards will begin off a point at the north end of Kiwanis Island and paddle north to 528 and return for a distance of 7 miles total.

A short course of 3.5 miles will also be available.

Open to: Any water craft that can be paddled or rowed.

Facilities: Boat ramp, dock, restrooms, and parking.

Race Refreshments: Fruit, Water and Gatorade

Registration and Payment Options

-Online: <http://transplantforheart-throbrob.weebly.com> under the Events tab

-Scan signed entry form and email it to grimison@hotmail.com

-Mail entry form with payment to: Richard Grimison, 1275 Island Drive, Merritt Island, FL 32952, please enclose check made out to Rob Munchbach

-Cash or check the day of the race.

If you pay day of race there is no guarantee a shirt will be available.

Additional Information

Richard Grimison 321-698-5296 - grimison@hotmail.com

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Registration

NAME: _____

PHONE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TYPE OF CRAFT (SUP, prone, kayak, canoe, etc):

Shirt Size: (circle) YM YL AS AM AL AXL AXXL

Additional Donation \$ _____

WAIVER: I know that participating in a paddle event is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with participating in this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release the organizers and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

Signature (Parent's Signature If under 18)

Date

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