



DATE/LOCATION

Saturday June 6, 2009
 Al Lopez Park, Tampa

START TIME/DISTANCE

5K at 8 am 1 Mile Kids' Run at 9 am

ENTRY FEES

5K: Before May 31: \$20, After May 31: \$25
 Race Day Registration at 7am: \$25
 1 Mile: \$10

AWARDS

GREAT looking trophies to...Overall Male & Female, Top 3 in standard 5 year age groups

AGE GROUPS

9 & under, followed by standard age group in 5 year increments, through age 80+

AMENITIES

Water, Gatorade, breads and cookies, fruit, great looking T-shirts & race packets to the **first 300 registered runners**, and a fabulous raffle!

Music by DJ Mike Gibilisco

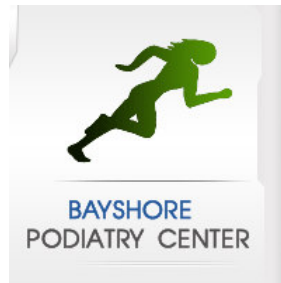
REGISTRATION SITES

The Running Center/813-908-1960
 Take...The First Step/813-481-9310
 Online at www.active.com

PROCEEDS TO BENEFIT:



SPONSORED BY



Ralph W. Fortson, DDS Metro Courier Services Boston Bill

INFORMATION: 813-263-5944

5K: \$20 Before May 31; After May 31/Race Day: \$25 1 Mile: \$10 Shirt Size XS S M L XL XXL

NAME _____ EMAIL _____

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____ AGE _____ SEX _____

In consideration of this entry, I, for myself, my heirs, devisees, executors, administrators and assigns hereby waive, release and discharge any and all Claims against Take...the First Step, Lynn Gray, Florida Race Place Magazine, City of Tampa Parks Dept. organizations, sponsoring or conducting this event, or their employees, representatives, or successors, for any and all damages or injuries I may suffer. I hereby grant permission for the free use of my name and picture in any broadcast, brochure or account of this event. **INSURANCE DOES NOT COVER THESE ACTIVITIES: BABY JOGGERS, BICYCLES, ANIMALS, RADIO HEADSETS.**

SIGNATURE (Parent signature if under 18) _____ DATE _____

MAKE CHECKS PAYABLE TO:
TAKE...THE FIRST STEP CLUB

MAIL TO: CHRISTINA MITCHELSON
3322 DOWNAN POINT DR., LAND O'LAKES, FL 34368