Spring into Summer 5K
Presented by: Take…The First Step Club

Date: Saturday, June 9, 2012
Start time: 8:00 AM
Kids 1 Mile Fun Run Start Time: 9:00
Location: Al Lopez Park, Tampa, FL

Proceeds to benefit

Big Brothers Big Sisters
Little Moments. Big Magic.™

Water, Gatorade, refreshments, great looking T-shirts & race packets to registered runners, and a fabulous raffle!

5K Registration*: **Before May 18**
$17 for TTFS Club members, $20 for non-members
After May 18
$20 for TTFS Club members, $25 for non-members

Kids Fun Run Registration*: **Before May 18:** $5 for kids 12 & under
After May 18: $10 for kids 12 & under
Sorry, no refunds

Visit our website at www.takethefirststepclub.com for a printable copy of the registration form.

Registration at: Take…The First Step Studio, 4526 W. Village Dr., Tampa
The Running Center, 14308 N. Dale Mabry Hwy., Tampa
Online at www.active.com
Race day registration at 7:00 AM

YES! The 5k will be chip timed!

Awards

Male/Female Overall
Male/Female Master
Standard 5 year age groups (9 & under through 80+)

Ribbons for all finishers of the Kids 1 Mile Fun Run

(Trophies/shirts will not be mailed)

For more information contact:
Christina Mitchelson, Race Director
E-mail: christina@ttfsclub.com

Lynn Gray, Assistant Race Director
Phone: 813-453-7885

THANK YOU TO OUR SPONSORS:

Family Podiatry Group of Tampa, P.A.
Sunglasses with an Attitude
Boston Bill
Carrollwood Massage Therapy

First Name **MI** **Last Name**

Home Address (Number & Street) **Apt. #**

City **Zip Code**

Age (on race day) **E-mail**

Female ☐ **Male** ☐

☐ Check here if you are a Take…The First Step Club Member. If you would like to join, include $25.

Shirt Size: ☐ **S** ☐ **M** ☐ **L** ☐ **XL** ☐ **Youth L** ☐ **Youth M** **(Shirt sizes can't be guaranteed for late registration)**

Payment Method: ☐ **Cash** ☐ **Check** Checks payable to Take…The First Step Club. Mail registrations to:
C. Mitchelson, 3322 DOWNAN POINT DR., LAND O'LAKES, FL 34368

In consideration of this entry, I, for myself, my heirs, devises, 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, audio headsets.

Signature (Parent/Guardian if under 18) **Date**