



Shriners Hospitals
for Children®



Miles for Minds is proud to support these organizations benefitting youth

Date: January 3rd, 2015

5K Start time: 8:00 AM

Kids 1 Mile Fun Run Start Time: 9:00 AM

Location: Lake Park, Tampa, FL

Shirts for every registration, goodie bags, valuable raffles, ribbons for Kids 1 Mile Fun Run & refreshments!

Pre-Registration:

The Running Center -12/13 & 12/ 20 and Online at www.active.com. Visit our website at takefirststepclub.com/Miles-for-Minds-5K for a printable copy of the registration form.

5k/1 mile Registration*:

\$20 if you are a *Take...The First Step Club* member

\$25 **before** December 25

\$30 after December 25th

\$30 on race day morning

\$10.00 for youth under 14; both races include t-shirt

Awards

Standard 5 year age groups (9 & under to 80+)

For more info contact:

Lynn Gray, Race Director

mobile: (813)453-7885

*Sorry, no refunds

First Name															
Middle Initial															
Last Name															
Street Address															
City															
State															
Zip															
Email															
Race	5k				1 mile										
T-Shirt Size	Adult	S	M	L	XL	Youth	S	M	L						
Amount Paid	\$	Check			Cash										
Visa Number															
Visa Expiration Date	Month/Year				Age on Race Day										
Signature															

Parent or Guardian signature required if participant is under the age of 18.



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 Department, 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.