

Eight-Week Training and Workout Clinic



5 Years, 5 Races, One Cause-Cure Cancer! Get ready for the 5th annual Miles for Moffitt 2010 by joining us on Saturday mornings for a workout and training clinic--making miles count!

Each Saturday clinic is designed to prepare participants for the race and to promote wellness. Topics of discussion will include form & technique, benefits of aerobic movement, finding the right shoe, staying uninjured, nutrition, and the importance of recovery. Strengthening and flexibility exercises plus fitness walking and/ or running will be led by Lynn Gray, an experienced RRCA coach.



Location: **Take... the First Step**
Village Corners in Carrollwood (North Tampa)
4526 N. Village Dr.
Tampa, FL 33624

When: **General Information Session**
Wednesday, March 17 at 6:30pm

Training & Workouts
8 Saturdays, March 20 – May 8 at 7:30am – 9:00am
(20 min. training talk followed by a 45 minute work-out)

Clinic fee of \$50 includes registration for Miles for Moffitt race

To Register: **Contact Lynn Gray**
813.481.9310 office
813.453.7885 cell

lgray88@yahoo.com
www.firststepprograms.com

Miles for Moffitt 2010

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Correlations between nutrition, obesity and cancer have been demonstrated and are well known. It is the belief of the event organizers, that the public who participates in the clinic will be motivated to make lifestyle changes that will help them make healthy choices, thus decreasing their chances of getting cancer and other life threatening, preventable diseases.

Participants can train while raising money for the cancer research programs at Moffitt.

8 Saturdays, March 20 – May 8 at 7:30am – 9:00am

Clinic fee of \$50 includes registration for Miles for Moffitt race

Name _____

Address _____

City _____ State _____ zip _____

Phone _____

Date of Birth _____ Circle Tee shirt size S M L XL XXL

Check race you wish to participate in:

One Mile _____ 5 K _____ 5 Mile _____

VISA/MC # _____ Exp. Date _____ 3 Digit Code _____

Bring this form and your clinic fee of \$50 to the first class with you. Make checks payable to Miles for Moffitt.

WAIVER MUST BE SIGNED to participate:

I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters, and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for my all liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise.

I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event. Parents must sign if participant is younger than 18. This is to certify that my child has permission to compete in this event, is in good physical condition and that event officials may authorize necessary emergency treatment. REGISTRATION FEES ARE NON-REFUNDABLE.

Signed _____

For Race Information, see our website at www.milesformoffitt.com
or Call Susan Meadows, Miles for Moffitt Coordinator, 813-745-1346.