



# MILES FOR MOFFITT TRAINING CLINIC

COORDINATOR AND MAIN SPEAKER - RRCA COACH – LYNN GRAY  
8 WEEKS - \$75. INCLUDES RACE ENTRY FEE

## Orientation/Schedules:

March 7th - 6:30p.m. at Moffitt Cancer Center Cafeteria Room

March 10th - 7:30a.m. at the *Take...The First Step Training Studio*

Workouts will be held at Moffitt Cancer Center & the University of South Florida campus. Location specifics will be given during orientation.

**March 17 - #1** The Basics: Form, Technique and Running shoe  
8 - 9:30 a.m. (Moffitt Cancer Center Cafeteria Room)

**March 24 - #2** Benefits of a Long Distance Aerobic Program  
8 - 9:30 a.m. (Moffitt Cancer Center Cafeteria Room)

**March 31 - #3** Staying Uninjured: Stretching and Strengthening  
8 - 9:30 a.m. (USF Campus. Sycamore-by par course)

**April 7 - #4** Learning your Walk to Run Ratio: 5 mile and 5K  
8 - 9:30 a.m. (USF Campus. Sycamore-by par course)

**April 14 - #5** Using your Heart Rate for Effective Training  
8 - 9:30 a.m. (USF Campus. Sycamore-by par course)

**April 21 - #6** Athleticism and Permanent Weight Management  
8 - 9:30 a.m. (USF Track)

**April 28 - #7** Putting it all Together for Lifetime Fitness  
8 - 9:30 a.m. (USF Track 8-9:30 a.m.)

**May 5 - #8** Simulating the Race Event: Factors to help create  
8 - 9:30 a.m. a positive race experience (USF band shell-corner of Bull Run & Alumni Dr.)



**Miles for Moffitt Race event, May 12th, 2012**

[www.milesformoffitt.com](http://www.milesformoffitt.com)

For questions, please contact Susan Meadows at 813-745-1346 or [Susan.Meadows@moffitt.org](mailto:Susan.Meadows@moffitt.org)



Clinics Sponsored by:  
Take...The First Step | 4526 W. Village Dr. | Tampa, FL 33625.  
813-453-7885 | [Lgray88@yahoo.com](mailto:Lgray88@yahoo.com) | [www.FirstStepPrograms.com](http://www.FirstStepPrograms.com)



# Miles for Moffitt Race & Coaching Clinic

Each Saturday for the eight weeks prior to the race on May 12th, Miles for Moffitt and Lynn Gray with Take...The First Step will hold a coaching clinic at the Moffitt Cancer Center Cafeteria Meeting room on the ground floor of the main hospital located at 12902 Magnolia Drive Tampa, FL 33612. Each clinic features a 30 minute talk on training, followed by a 45 minute to one hour work out.

*Clinics begin at 8 am on March 17th and continue thru May 5th.*

*Registration fee of \$75.00 includes 8-week clinic and entry fee to PNC Bank Miles for Moffitt.*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Tshirt size S M L XL XXL (please circle)

Check race you wish to participate in:

- Competitive 5K       Competitive 5 Mile (ONLY COMPETITIVE WILL BE TIMED)  
 Walk 5K       Walk 5 Mile

Are you a Cancer Survivor? Yes \_\_\_ No \_\_\_

Miles for Moffitt Clinic (8-weeks beginning on Sat. March 17th): \$75

Make Checks payable to **Miles for Moffitt** & bring to first class or Mail to:  
12902 Magnolia Dr. • MBC1/PR • Tampa, FL 33612 • Attn: Susan Meadows

Questions? Contact Susan Meadows at 813-745-1346 or Email: [Susan.Meadows@moffitt.org](mailto:Susan.Meadows@moffitt.org)

VISA/MC # \_\_\_\_\_ Exp. Date \_\_\_\_\_ 3 Digit Code \_\_\_\_\_

Name as it appears on card \_\_\_\_\_

## 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.**

Signature \_\_\_\_\_

For Race Information, Call Susan Meadows, Miles for Moffitt Coordinator, 813-745-1346.