



HEALTHY TOGETHER

10th Annual Northdale 5K Pumpkin Run and 1 Mile Family Run/Walk



Saturday, November 5, 2011

Bob Sierra YMCA Youth & Family Center (4015 Ragg Rd., Tampa FL, 33624)

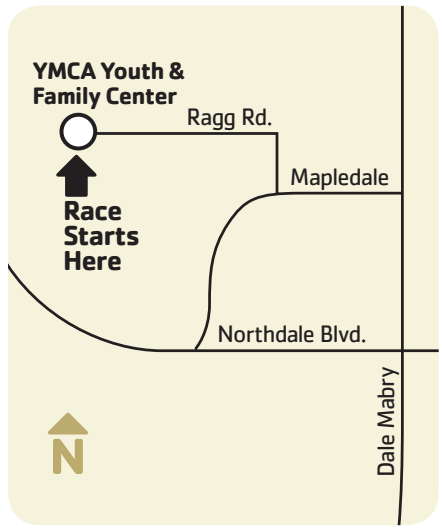
Race Day Schedule of Events
Registration begins at 6:30am. The 5K will begin at 8am and the 1 mile fun run will begin at 8:05am. J Christopher's FREE pancake breakfast immediately following the race. Registration closes at 7:30am - Late registration available Friday, Nov 4 from 5-7pm at the Youth & Family Center.

Registration Fees
Register early! Race is limited to the first 500 runners.
Before October 22nd: One Mile \$20/ 5K \$25
After October 22nd: One Mile \$25/ 5K \$30
ALL PRE REGISTERED RUNNERS WILL RECEIVE A DRI-FIT SHIRT!

You can pre-register in person at the Bob Sierra Family YMCA, online at www.active.com or www.northdale.org

or mail the registration form below. Net proceeds benefit the YMCA's 2011 "Give a Kid a Chance" annual giving campaign and the Northdale Civic Association.

Awards and Prizes
All Participants: Register by October 25th to receive a race day t-shirt. Kids 12 years and younger will receive finisher ribbons.
1 Mile Participants: Awards will be given to the top male and female finisher.
5K Participants: Awards will be given for the top 3 finishers in each age category (standard 5 year age groups starting with 9 and under through 75+) and the top 3 finishers overall for men and women.



Questions? Contact Kirsten Barton at kbarton@tampaymca.org or Phillip Newman at pnewman@tampaymca.org. You can also call the Bob Sierra YMCA at 813-962-3220.

REGISTRATION FORM

Sign me up for the: 1 Mile Fun Run/Family Walk 5K Run

Registration Fees (check one) Make checks payable to NCA Pumpkin Run.
Before October 22: One Mile \$20 5K \$25 **After October 22:** One Mile \$25 5K \$30

T-shirt size (circle one) Youth Small / Youth Medium / Youth Large / Adult Small / Adult Medium / Adult Large / Adult XL

Name (please print clearly): _____

Address: _____ City: _____ State: _____ Zip: _____

Age: ____ Sex (male/ female): ____ Phone: _____ Email: _____

School Name: _____

Waiver: In consideration of acceptance of this entry, I for myself, my heirs, devisees, executors, administrators and assignors, hereby waive, release and discharge any and all claims against race organizers, 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.

Signature (parent signature if participant is under 18): _____ Date: _____

Mail this form to: Pumpkin Run, c/o Bob Sierra Family YMCA, 4029 Northdale Blvd., Tampa, FL 33624