

18th Annual RICHARD'S 5K RUN FOR LIFE

Friday, November 1, 2019
7:00 pm Race Starts

Run or walk through the beautiful streets of historic Ybor City with more than 1,800 of your friends in support of Richard's Run for Life under the Gonzmart Family Foundation a 501 (c) (3) organization.

Register Early for Guaranteed T-shirt!

Race begins and ends at
Centennial Park in Ybor City

This year 100% of every dollar collected will fund the brachytherapy suite being built at Moffitt Cancer Center in Tampa, part of our \$1 million pledge. Brachytherapy treats prostate, cervical, breast and sarcoma cancers. This suite will effectively double the number of patients that can be treated.



The Best Post-Race Party in Tampa Bay!

Columbia's Original "1905" Salad®
Arroz con Pollo Valencia
Black Beans & White Rice
Ulele Springs Beer
Music & more!

Sponsored by



Gonzmart Family Foundation

Awards

Overall Male & Female
Masters Male & Female
Top 3 Male & Female
in 5 year groups
starting with 14 & under
and going up to 70+

ENTRY FEES:

\$30 pre-registration ends October 25, 2019*

\$35 late or race day registration October 26th & after**

*Pre-Register for \$30 online at www.active.com

Online registration open through October 29, 2019

**T-shirts NOT guaranteed & due to park capacity we will cap participants at 2000

Pre-registered runner's shirt & race number pick-up
Thursday, Oct 31st 11 am – 6 pm

at the Columbia Restaurant Museum in Ybor City: 2025 East 7th Ave, Tampa
or on race day in the park starting at 5:00 pm

For more information contact
Arlynn Haarer:

Phone: 813.248.3000 x 24
ahaarer@columbiarestaurant.com
richardsrunforlife.org

Mail Completed Entry Form
postmarked by **October 18, 2019**
for early registration

To: Richard's Run for Life
2025 E. 7th Ave
Tampa, FL 33605

Runner's Name

Email address

Address

City, State, ZIP

Phone number

T-Shirt size: S M L XL XXL (circle one)

Gender

Age on race day

- Pre-registration \$30 thru October 25th
 Late or Race day registration \$35 October 26th & after
 Donation only \$ _____

Method of Payment:

- Check : Make checks payable to Richard's Run
 Credit Card (Visa/MC/Amex/Discover)

Credit Card #

Exp. Date

Name as appears on card

Signature credit card holder

RELEASE AND WAIVER
MUST BE SIGNED TO PARTICIPATE
Please read and sign below

"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 RPM Promotions, City of Tampa, Columbia Restaurant Group, organizers, sponsors, promoters, Active.com 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. Insurance does not cover these activities: baby joggers, bicycles, animals, inline skating, scooters, radio headsets."

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."

Signature

(if under 18, signature of parent or guardian required)