



# One Breath at a Time, Inc.

A Florida Not-For-Profit Corporation

## 1st Annual 5K

# "RUN FOR LUNGS" Run / Walk

*"Assist lung transplant recipients, their families and support systems through the transplant process and promote the importance of organ donation."*

Featuring the official Florida Road Race Management's

### Everett McDowell as Race Director

Saturday, April 3, 2010

Al Lopez Park, Tampa 4810 N. Himes Avenue, Shelters #310 & #315

Check in: 7 - 8 a.m. 5K Run / Walk Event - 8 a.m.

### Race Features

- Post Run food and drinks
- Awards (5K Run) Top finishers, M/F in each category and overall M/F
- Commemorative Race T-Shirt to First 250 Entrants
- Free Admission to other park events

### Early Bird Registration

(by 3/20/10)

\$20 / 5K

(after 3/20/10)

\$25 / 5K

Make checks payable to:

One Breath at a Time, Inc.

or register online at

[www.active.com](http://www.active.com) or [www.obaat.org](http://www.obaat.org)



Cut Along Line

### SPONSOR OPPORTUNITIES:

Yes, please contact me / my company about interest in being a sponsor and/or having a group for this event.

Name \_\_\_\_\_

Address \_\_\_\_\_

Company Name \_\_\_\_\_ City, State and Zip \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Email \_\_\_\_\_ T-Shirt ( )S ( )M ( )L ( )XL

Check One ( ) MasterCard ( ) Visa ( ) American Express ( ) Discover To First 250 Entrants

Card # \_\_\_\_\_ Exp \_\_\_\_\_

TOTAL AMOUNT TO CHARGE: \_\_\_\_\_

DISCLAIMER: In consideration of my entry into the ONE BREATH AT A TIME, INC. RUN FOR LUNGS 5K to be held on April 3, 2010, I release from their own negligence One Breath at a Time, Inc., its representatives, associates and volunteers, the City of Tampa, the City of Tampa Parks Department and all of their sponsors, officers, directors, and members of each of said organizations, their respective employees and agents and any other entity or individual(s) who are in any way connected with the event or which is in any way related to this event. I understand that this release extends to myself, my heirs, my assigns or other personal representative. I represent that I have trained for this event and am physically of sound body and mind to participate in this event. I have read the information contained on this flyer/brochure and understand the risks associated with participation in this event. I will assume all risks of traffic within the bounds of the venue. I understand that if I am under the age of 18 that I must have the permission of my parent or legal guardian in order to participate in this event. I HAVE READ THE ABOVE AND RELEASE AND UNDERSTAND THAT I (MY CHILD) IS ENTERING THIS EVENT AT MY (HIS OR HER) OWN RISK. THIS EVENT IS RAIN OR SHINE, and is a fundraiser for One Breath at a Time, Inc., a Florida not-for-profit organization, therefore NO REFUNDS OR EXCHANGES.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Adult Participant or Parent/Legal Guardian if under 18)

Child's Name if under 18 \_\_\_\_\_