



The Tropical Cadillac Movin' for Meals 5k / 10k Run & 1 Mile Family Fun Walk

Sunday, April 13th, 2008 Lakewood Ranch
7:30 a.m. 10k Run start, 7:45a.m. 5k Start,
8:15 a.m. Fun Walk Start
Overall, Masters, Grand Masters and
3 Deep Age Group Awards
All finishers will receive a commemorative
finishers medal and technical t-shirt.

Join **Meals on Wheels Plus.org** for the
1st Annual 5k / 10k Race and 1 Mile Family Fun Walk
to help raise \$\$ to benefit the Renaissance on 9th Center & Meals
On Wheels. Sponsored by: Tropical Cadillac, Turner Tree and
Landscape, Blalock, Walters, Held, and Johnson P.A., Fit2Run
Runner's Superstore, Ryder Bikes, Schroeter Orthopaedic Surgery
& Sports Therapy Center, Tandem Construction, FitPlanet, Inc.,
Stewart-Washmuth & Co. Landscape Architects, Thorassic Park
21st Century Chiropractic, Nitelites, The Bradenton Herald, Big Ox-
The Power Oxygen, PortaParty, Ear, Nose, and Throat Associates,
Lakewood Ranch Medical Office Buildings II, and Biological Tree
Services. For info on sponsorship, call FitPlanet, Inc. at 941-361-
1185 or e-mail info@fitplanetinc.com



Race Direction provided by
FitPlanet, Inc.™ www.fitplanetinc.com

Runner / Participant Info

Full name: _____ Gender M F
First M.I. Last (Circle One)

Address: _____
Street Address Apartment / Unit #

City/Province State (USA) Country (if not USA) Zip Code

Home Phone _____ Other Phone: _____ E-mail: _____

Age on 4/13/08: _____ Date of Birth: _____ T-shirt size: S M L XL
Month Day Year

Emergency Contact Name: _____ Emergency Contact Phone #: _____

Champion Chip Number: _____ (if using your own chip) Chip Timing by Sommer Sports, Inc.

Registration Info

Register online at
www.active.com
Please make checks
payable and mail to:
Meals on Wheels Plus
811 23rd Avenue East
Bradenton, FL 34208
PHONE: (941) 747-4655
FAX: (941) 747-9871
For more info please
Call FitPlanet, Inc. at
941-361-1185 or e-mail
info@fitplanetinc.com

Please check the event
you will be participating
in:
 10K Run
 5K Run
 1 Mile Family Fun
Walk
 I will not be
participating but
would like to make
a donation.
Amount \$ _____

Fee Schedule:

Event Name	Through 3/31/08	On or after 4/1/08 / race day
5K	25.00	35.00
10K	25.00	35.00
1 mi. Family Fun Walk	10.00	15.00

Online registration will close on Saturday, April 12th at 12:00 p.m.
Mail in registration will close on Friday, April 11th, 2008. Applications
postmarked after 4/12/08 will not be processed. Race day
registration will be available. Race expo location: Lakewood Ranch
Public Park : Directions to the race site are on the back of this flyer.

I know that running and volunteering to work races is a potentially hazardous activity. I should not enter and run the Movin' for Meals 5k/10k and/or Fun Runs unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and/or volunteering to work in Movin' for Meals 5k/10k and Fun Runs, including but not limited to falls, contact with other participants, the effects of weather, including high heat or humidity, the condition of the road and traffic on the course, all such risks being known to me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself, and anyone entitled to act on my behalf waive and release Meals on Wheels Plus of Manatee, Schroeder-Manatee Ranch, Inc., FitPlanet, Inc. and all sponsors of the event, any and all members thereof, their representatives, successors from all claims or liability of any kind arising out of my participation in Movin' for Meals 5k/10k and/or Fun Runs, even though that liability may arise out of negligence or carelessness on recordings, or any other record of this event for any legitimate purpose. By signing this waiver form, I agree that for safety reasons, headphones, strollers, baby joggers, bicycles, skates, skateboards, and animals are not permitted in this event.

Signed: _____ If under 18, Parent / Guardian Signature: _____

Date of Signature: _____ / _____ / 2008

For more information, please call FitPlanet, Inc. at 941-361-1185.

