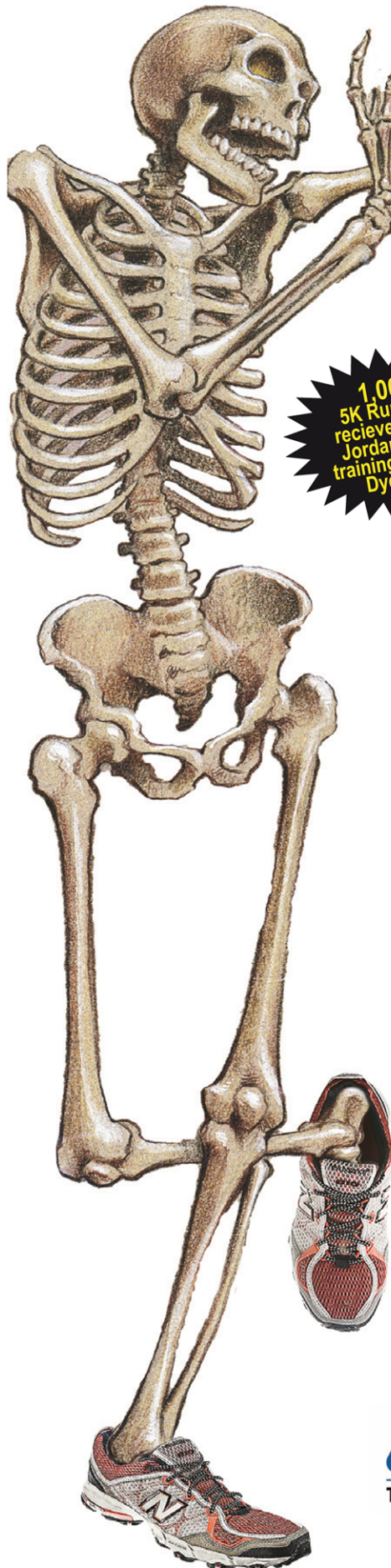


This 5K will Leave You Breathless!



1,000
5K Runners
receive Leslie
Jordan dryfit
training Tee 'To
Dye For'

Creaky Bones (vtt)

"Make no bones about it, This benefits the Arthritis Foundation"

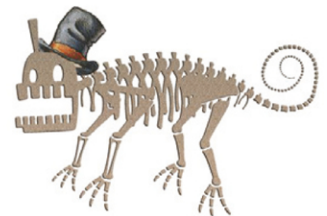
5K Run &
Kid's Monster Dashes
THE PIER, ST. PETERSBURG
Thursday October 27, 2011 • 7:00 PM

Meet Doggie Bones

1 mile fitness walk

For walkers with or without pets.

"Walkers receive a special
'Doggie Bones' T-shirts.



Registration from 5:00 PM • Kid's Races 6:15 PM • 5K Run/Walk 7:00 PM

FOR MORE INFORMATION CALL

(941) 708-3901

Register online www.active.com

Information and forms at www.RunnerGirl.Com

 **ARTHRITIS
FOUNDATION**
Take Control. We Can Help.™

Proceeds to benefit the Arthritis Foundation
supporting research for a cure, local services
including exercise programs and summer camps
for kids with arthritis.

kids get Arthritis too

Arthritis Foundation®

The Arthritis Foundation Presents

Creaky Bones (VII)

The Creaky 5K Run



5K Run leaves the St. Pete Pier with the sounds of spooky Halloween Howls to speed you through the course. Right on Bayshore Drive NE to the spooky 'Vinoy' (hee) (hee), then make right onto 5th Avenue, then onto specially marked paths overlooking the St Pete Harbor, continuing on path in Vinoy Park, then looping west onto Bayshore Blvd NE and then south and right onto 5th Avenue, Then left onto Bayshore Drive NE and then left back onto the Pier Drive and to the finish. 'Yea'



1 Mile Pet Friendly Walk right after the 5K. Proceeds west on the St. Pete Pier Road and back. All walkers receive a special collector's 'Doggie Bones' T-shirt.



Kids' races start at 6:15 pm and takes place on the St. Pete Pier Road. Kids 3-4 yrs run 100 meters (start 6:15) (the comparable distance is between home plate and the outfield); 5 to 6 yrs run 200 meters (start 6:20); 7 to 9 yrs run 400 meters (start 6:25); and the biggies 10-12 yrs run 1K (start 6:30). All kids receive their own running bib, goodie packet, finisher's medal, and official Creaky t-shirt. Engraved trophies to the top (3) boy and girl finishers' in each age group.



Awards M/F Top Finisher; 3 deep in age groups 14 & under; 15-19, then 5 year age groups from 20-24 to 80+. Walkers receive finisher/participation ribbons. All children receive finisher medals. **First 1,000 5K runners receive a \$25 value 'Creaky Bones' Leslie Jordan training shirt. All others a cotton tee. Results on coolrunning.com.**



Creaky Bones post race party with D.J. + raffles, refreshments from area establishments for all participants and their families; Beer courtesy of World of Beer with proper ID. Early packet pick up and registration at 'Fit2Run, International Plaza, Tampa, Sunday October 23 through Wednesday October 26th at store hours (Wednesday till noon).



Directions to The Pier, Second Avenue NE, Saint Petersburg, FL 33701; Take I275 to I375 (The Pier) to the end and continue East to the waterfront. Second Avenue on the right. Street Parking, plus Parking lots off of Second Avenue.

Thank you to our sponsors:



For information and forms: www.RunnerGirl.com

REGISTER ONLINE: www.active.com

OR FILL OUT THE FORM BELOW. PLEASE PRINT CLEARLY. PLEASE COMPLETE ENTIRE FORM.

First Name: _____ Last Name: _____

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

Phone: _____ Cell Phone: _____

Birth day (DD/MM/YYYY): _____ Age on Raceday: _____ Female Male

E-Mail: _____ Club Name: _____

Shirt Size (circle one): WXS WS WM WL S M L XL XXL KIDS S KIDS M KIDS L

GENERAL WAIVER AND RELEASE OF LIABILITY AGREEMENT

LIABILITY WAIVER: Waiver Release: I hereby certify the following: (1) I am Physically fit and have received medical clearance to participate in the Creaky Bones. (2) In consideration for my application to participate in the Creaky Bones being accepted, I, on behalf of myself, my heirs and assigns, and my estate, hereby waive and forever discharge the sponsors, organizers, affiliates, as well as their agents and employers from any and all claims that may accrue as the result of my participation. (3) I hereby grant the Arthritis Foundation specific permission to reproduce, publish, circulate copyright or otherwise use any and all photographs and/or video tape of me and/or my family, taken at the Creaky Bones, for use by the Arthritis Foundation.

Signature of runner or walker (Parent or Guardian Signature if under 18)

Date

METHOD OF PAYMENT

Make check or money order payable to: **Arthritis Foundation**
If not registered on -line, send by mail completed entry form to:
Arthritis Foundation, 410 12th St. W, Bradenton, FL 34205

FEES

- 5K Runner \$5 Club Member Discount Includes, Club Fit2Run, MTC, LWRR, SPRR, Bradenton Runners Club and St. Pete Mad Dog. FOR IN-STORE or MAILED REGISTRATIONS, til 10/19 - **\$20**.
- 5K Run, till 10/24 - **\$25**
- 5K Run, after 10/24 - **\$30**
- 1 Mile Walk, till race day - **\$15**
- Kid's Run (by 10/24 for t-shirt) - **\$10**
- Kid's Run (after 10/24 for t-shirt) - **\$15**

Check Amount enclosed: \$ _____

Please charge my credit card: Amex Visa Mastercard

Exp. Date (MM/YYYY) _____

Card Number: _____

Name on Card: _____

Signature: _____

Can be faxed to 941-748-2226

RACE INFO

* Note: T-shirt size only guaranteed to pre-registered runners **NO REFUNDS** Phone: 941-708-3901 www.RunnerGirl.com

For more information call **941-708-3901**