



SATURDAY, APRIL 22, 2017 // 8:00 A.M.

# *RUNNER'S GUIDE*



# PACKET PICK-UP



**AVOID THE CROWD** – pick up your race bag before the run!  
All you need is your **Active.com** registration confirmation or your driver's license. If you would like to pick up someone else's bag, you must bring their ID or Active registration.  
(Bag pick up will also be available day of the run.)

WHEN

Wednesday, April  
**19**  
12:00 p.m. - 7:00 p.m.

Thursday, April  
**20**  
7:00 a.m. - 2:00 p.m.

WHERE

Tampa International Airport *Cell Phone Waiting Lot*  
4100 George J Bean Pkwy, Tampa, FL 33607  
From the George J. Bean Parkway, follow the signs for the Cell Phone Waiting Lot  
Look for balloons, 5K Bag Pick-Up signs & a tent in the lot

BRING

Active.com registration confirmation or your driver's license.  
If you are picking up for other runners, you will need their confirmation also.









# RAFFLE



As if having the opportunity to run down runway 1L–19R isn't cool enough! You can enter to win roundtrip tickets on the following airlines:

## AIRLINE RAFFLE

					
2 domestic roundtrip tickets on jetBlue Airways	2 roundtrip tickets anywhere Spirit Airlines flies	2 domestic roundtrip tickets on Delta Air Lines	2 non-stop roundtrip tickets from TPA to Panama City, Panama	2 domestic roundtrip tickets on Southwest Airlines	2 roundtrip tickets anywhere Silver Airways flies

## GIFT BASKET

### WHAT'S IN THE BASKET?

- TPA Backpack
- Hammock
- Davek travel umbrella
- Glacier insulated 30 oz. tumbler
- Tampa Bay Tervis 16 oz. tumbler
- Yeti Colster (can cooler)
- SoHo 16GB USB drive
- 18,000 mAh dual USB high capacity charger
- Moleskin notebook
- Travel plug-in
- Lamy pen
- Playing cards
- Gel pad
- Smiley cell phone holder
- TPA headband
- Garbage bin pencil/pen holder
- Luggage tag
- Water bottle wrap
- Sound activated LED bracelet
- Also included: A behind-the-scenes tour of the Airport for the winner and 3 guests!

## THE DETAILS

- Raffle tickets will be available for purchase at packet pick-up, day of event, and online at Active.com
- \$5 each or \$20 for 5
- Cash, Credit or checks accepted (made out to UWS)
- All proceeds benefit United Way Suncoast
- You choose which tickets you'd like to win
- You don't need to be present to win
- Raffle is open to anyone; drawing will be at the conclusion of the 5K

# RACE DAY



## EVENT TIMELINE

- 5:00 a.m. Exhibitor set up
- 6:00 a.m. Parking gate opens / Race bib/Shirt pick up  
Exhibitors open
- 7:05 a.m. Crunch Fitness Warmup (Exhibitor Area)
- 7:20 a.m. Runners into position
- 7:45 a.m. Announcements at the start line
- 7:50 a.m. National Anthem performed by Adam Bouchard
- 7:55 a.m. Wheelchair start
- 8:00 a.m. Race start
- 9:00 a.m. Race conclusion  
Courtesy vehicle pick up if necessary
- 9:10 a.m. Awards ceremony  
(wheelchair division, top three men, women & youth divisions)  
Airline raffle ticket drawing
- 10:30 a.m. Event concludes



## RACE INFORMATION

1. No strollers (on the runway), skateboards, rollerblades, bikes or pets allowed.
2. No selfie sticks are allowed on the runway.
3. Stay on the course. Anyone deviating from the course will be removed from the race.
4. No littering. Please help us keep the area free of debris!
5. DO NOT bend the bib! We are using chips this year and they will not work if bent in any way.
6. Adhere the bib to the front center chest area of your shirt.
7. Awards are based on gun time.
8. Waivers must be signed or you will not be allowed to run/walk.
9. Race results will be posted on Cool Running.



# THE COURSE



## PARKING

Entrance to free parking is off of Hillsborough Avenue on the North side of the airfield; take Hoover Boulevard South. Follow the signs. The physical address is 4700 N Hoover Blvd, Tampa, FL, 33634 (<http://bit.ly/10buPOs>). You cannot get to the race from the main terminal via the George J. Bean Parkway.

## RACE COURSE

