

**THE NFL PLAYERS ASSOCIATION TAMPA BAY CHAPTER AND  
THE ASSOCIATED BUILDERS AND CONTRACTORS  
PRESENT**

**SATURDAY  
MARCH 5, 2005  
AL LOPEZ PARK**



**REGISTRATION: 7AM  
START: 8AM  
AWARDS: 9:30AM**



**5K & 10K RUN AND  
1 MILE FAMILY WALK  
FOR CHARITY**



Runners and walkers receive a limited edition event T-shirt. Snacks and refreshments available before and after the event. Awards will be presented by News Channel 8's Gayle Sierens and Ellis Wymys of the Tampa Bay Buccaneers.



**PROCEEDS BENEFIT THESE  
LOCAL ORGANIZATIONS**

**Register Online:**  
www.helmetsandhardhats.com  
- or -  
www.active.com



**Information:**  
ABC: 813-879-8064  
RPM: 813-874-7223

**REGISTRATION FORM - HELMETS & HARDHATS**

Please duplicate this form for additional runners!

Name: \_\_\_\_\_  
FIRST MI LAST

Phone: Home: \_\_\_\_\_ - \_\_\_\_\_

Address: \_\_\_\_\_

Work: \_\_\_\_\_ - \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Fax: \_\_\_\_\_ - \_\_\_\_\_

Sex:  M  F Date of Birth (mm/dd/yy): \_\_\_\_\_

E-Mail: \_\_\_\_\_  
(So we can send you announcements on-line)

T-Shirt Size: M L XL (circle size)

Please check which race:

10K Run  5K Run  1Mile Walk

ENTRY FEES	Walkers/ Runners	Under 12
By March 5	\$15	\$4
Race Day	\$20	\$5

**Make Checks Payable to:**  
Helmets & Hardhats  
NFLPA Tampa Bay Chapter/ABC

In consideration of this only, I, for myself, my heirs, devisees, executors, administrators and assigns hereby waive, release and discharge any and all Claims against RPM Promotions, Race Place Magazine, City of Tampa Police Department, The NFLPA Tampa Bay Chapter, Associated Builders and Contractors, ABC/Florida Gulf Coast Chapter, City of Tampa, Florida Race Place Promotion, and organizations, sponsoring or producers of this event, or their employees, representatives, or successors, for any and all damages or injuries I may suffer. I hereby grant permission for the free use of my name and picture in any broadcast, brochure or account of this event. **INSURANCE DOES NOT COVER THESE ACTIVITIES: BIKES, SKATEBOARDS, BABY JOGGERS, ROLLERBLADES, MULTI-SPORT EVENTS, ANIMALS OR RADIO HEADSETS.**

**Mail to:**  
Helmets & Hardhats  
2008 N. Himes Avenue  
Tampa, FL 33607