

Is your team

Fit TO Finish ?

RACE TO WIN \$1,000!

Looking for a new adventure in your hometown?! Fit Tallahassee has designed **Fit to Finish** as a way for you to get out there and challenge your body through an exciting three day scavenger hunt! When you and your teammate sign up as **Fit to Finish** challengers, you will have the opportunity to get engaged in a weekend full of unique and fun workouts for the chance to win the **\$1,000 grand prize!** Sign up to join as **March 15th** as we kick off the weekend with a 5 mile bootcamp style run through Tom Brown Park. If your team survives the first elimination round, you may compete in the 7 mile bike trail race, rock climbing, zip-lining, kickboxing, and more! Once we make it through all the rounds, join us for the after party lunch celebration on **March 17th!** Sign up online @ www.FitTallahassee.com to secure your spot in the challenge!

Get Involved as a Sponsor!

Don't have time to race **Fit to Finish** yourself but still want to get involved? Sign up as a sponsor! There are many ways to be apart of the **Fit Tallahassee** community. You may chose to sponsor a challenge, scavenger hunt pit-stop, or a team within your company! This is a great opportunity to get your coworkers out of the office and representing your business for a great cause!

Team signup is limited! Join a team by **February 9** for only \$55 per teammate, or by **March 9** for \$75 per teammate! Signup includes team admission, a **Fit to Finish** t-shirt, and an invite to the **March 17th** fitness celebration!

Get Involved by visiting www.FitTallahassee.com or email our events staff, Lexi@FitTallahassee.com for more information.

FitTallahassee.com

www.FitTallahassee.com is your one stop site for active news, races, events, classes, and fitness information throughout the Tallahassee area! Our mission through **Fit Tallahassee** is to create an all-inclusive tool for you and your families to stay involved in our active community. Keep updated through our weekly calendar filled with a variety of upcoming gym classes or scroll through Tallahassee's favorite healthy recipes! Connect with local health professionals as they share their advice and experiences on our 6 different blogs! Through the Fit Tallahassee community there is always something to be apart of, and seeking new opportunities is now only a click away!

 [@FitTallahassee1](https://twitter.com/FitTallahassee1)

 Facebook.com/FitTallahassee

Connect with us @ [www.FitTallahassee.com!](http://www.FitTallahassee.com)





Join us in the 1st annual
FitTallahassee
 Scavenger Hunt Challenge!

Date/Location:

We are kicking off the weekend on Friday, March 15, 2013 @ 7:30 AM! The final elimination round will be Sunday, March 17th. Friday's race will start at Tom Brown Park, Pavilion #13 (501 Easterwood Drive, Tallahassee, FL 32311)

Start Time and Packet Pickup:

Prepare to be at Tom Brown NO LATER than 7:15 A.M. Packet Pickup will be available at **Fit & Functional** (2030-6 Thomasville Road) on Thursday, March 14th from 12-6 P.M. and also on event day starting @ 6:45 A.M. All pre-registered participants will receive a **Fit to Finish** t-shirt!

Race Entry Fee*

Registration before February 9: \$55 Registration February 10-March 9: \$75. *must be 18 years of age to participate. Space is limited; cost is per teammate.

Race Features:

We will be starting the scavenger hunt with a 5 mile bootcamp style challenge through Tom Brown Park. From there, your team may compete in 5 other elimination rounds which include mountain biking, kickboxing, rock climbing, and zip-lining. On Sunday, March 17th, we find out which team has what it takes to win the \$1,000 GRAND PRIZE. Prepare yourselves to conquer Tallahassee's most rigorous workout routine yet while exploring the Capital City's

beautiful parks and gym facilities!

Post-Race:

On Sunday, March 17 at 11AM, join us in celebrating our winners as well as the launch of [www.FitTallahassee.com!](http://www.FitTallahassee.com) Food and fun will be served for our participants and their friends! You may register for the race @ Fit2Finish.FitTallahassee.com

Awards:

First team: Cash prize value of \$1000!
 Second team: \$500 gift
 Third team: \$300 gift

**This event will also be video taped as a T.V. show pilot. For any event-related questions, please email info@FitTallahassee.com For sponsorship inquiries or other ways to get involved, email our events staff: Lexi@FitTallahassee.com



Registration Form – Fit to Finish

Registration price before February 9, 2013 is \$55 Registration before March 9, 2013 is \$75. March 9 is THE LAST DAY to register. Registration includes: Participation, packet with race bib & t-shirt, and an invitation to the Fit Tallahassee after party, March 17th 2013

Full Name _____ Teammate's Full Name _____
 Email (for updates) _____ Phone # (____) _____
 Address: _____ Age: _____ M _____ F _____
 City State Zip

In consideration of this entry, I for myself, my heirs, devisees, executors, administrators and assigns hereby waive, release and discharge any and all claims against Fit Tallahassee, Leon County, City of Tallahassee, Fit Tallahassee sponsors conducting this event, or their employees, agents, representatives, successors, assignees, and sponsors from any and all claims or liability of any kind that may arise from my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the releases. If I should suffer injury or illness, I authorize the officials of the event to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest that I am physically fit and hereby grant full permission to any and all of the foregoing to use photographs, videotape, motion pictures, recordings, or any other record of this event, with my likeness for any purpose whatsoever. I also understand that by registering for this event I may receive notification about future events via the information I provide. I AM OF LEGAL AGE AND I HAVE READ AND UNDERSTAND THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK

T-Shirt: XS _____ S _____ M _____ L _____ XL _____
 SIGNATURE (MUST BE 18+) _____ date _____

How did you hear about Fit to Finish? _____
 Please make checks payable to: Fit Tallahassee P.O. Box 16275 Tallahassee, FL 32317