

"When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bounds. Determinant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be."

- Pantanjali

This quote is a great motivator for me. The purpose of finding a cure for cancer is the inspiration behind Richard's Run for Life.

My life has been touched by family and friends who have died from cancer and better, survived this horrible disease. One of my friends, Mark Desmarais, a young boy of 7 is fighting cancer. It is not fair that this young boy should be going through such a tough time when he should be enjoying playing baseball and other games. It is not fair that anyone should suffer from this disease.

Using my experience as a runner and my desire to find a cure for cancer I am going to help fight this disease. I created Richard's Run for Life to raise funds for cancer research and to raise awareness of what this research will mean to our future. Imagine, a cure for cancer!

100% of your donation will be used for cancer research. With your support, we can make it possible for people with cancer to get well and to live well.

Richard Gonzmart



Mark Desmarais, last years starter, will join us to start the race this year.



"RICHARD'S RUN FOR LIFE" 5K

**SATURDAY,
NOVEMBER 6
6:00 PM**

**BENEFITING
MOFFITT CANCER CENTER
FOUNDATION**



P.O. Box 5027
2025 E. 7th Avenue
Tampa, Florida 33605
Phone: 813-248-3000
Fax: 813-247-5881

Email: d.ossi@columbiarestaurant.com

You Can Make A Difference In Helping Find A Cure For Cancer!

Run through the beautiful streets of historic Ybor City with over 1,000 of your friends in support of Richard's Run For Life Foundation. Race begins and ends at Centennial Park.

100% of the Proceeds will benefit a study of Ovarian and Cervical Cancer for at risk Women at Moffitt Cancer Research Center and to the Children's Cancer Center for Mark Desmarais.

**Date: Saturday, November 6th
Time: 6:00pm
Registration begins at 4:30pm
Pre-register by: 11/04/04**

First 1,000 participant will receive a Coolmax® running shirt and Race fit kit.

Register on line at:  active.com
participate in everything

Registration Sites:
Columbia Restaurant Ybor 813-248-4961
Columbia Restaurant St. Pete 727-822-8000
Columbia Restaurant Sand Key 727-596-8400
Columbia Restaurant Sarasota 941-388-3987
Columbia Restaurant Celebration 407-566-1505
The Running Center—Tampa 813-908-1960
Feet First—Tampa 813-825-1339
Feet First—St. Pete 727-898-1130
American Running Company—Dunedin
727-736-8232

The Best Post Race Party Ever!
Centennial Park, Ybor.
Columbia Restaurant will be serving their famous "1905" Salad, Paella, Black Beans and Rice and more.

**Cold Beer and
The Dick Rivers Band.**

**Pre-Race day Packet Pick up at the
Columbia Restaurant in Ybor City
Friday, November 5th - 10:00am - 6:00pm**

Sponsored By:



Awards:
Overall Male & Female, Masters Male and Female. Top 3 Male and Female in standard 5 year age groups, starting with 14 & under and going to 80+

RICHARD'S RUN FOR LIFE 5K

Application:

Name _____

Address _____

Phone _____ E-mail address _____

Male Female Age on Race Day _____

Tee Shirt Size

Small Large
 Medium Xtra Large

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 RPLM Promotions, Race Place Magazine, City of Tampa, organizations, sponsoring or conducting 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: baby joggers, bicycles, Animals, Inline Skating, Radio Headsets.

Signature (Parent if under 18) _____

Entry Donation: \$20 for pre-registered runners
\$25 for race-day registration
And/Or Make a Tax Deductible Donation

METHOD OF PAYMENT
 Cash Mastercard
 Visa American Express

Credit Card # _____ Exp. _____

Signature _____

Make Checks Payable and Mail To:
Richard's Run For Life Foundation
P.O. Box 5027, Tampa, Florida 33605
Attention: Diana Ossi

Cut and along line and return with payment