

7TH ANNUAL

4KIDS BIG CARDIO 2014

5K. FITNESS. SPORTS.

MOVE. SWEAT. GIVE.



EVENT FACT SHEET

Saturday, May 3, 2014

Central Broward Regional Park • 3700 N.W. 11th Place • Lauderdale, Florida 33311
6am - Registration **7am** - 5K Run/Walk **8:30am** - Fitness and Sports Activities Begin
7 – 12pm Activities, Games, Food and Fun

FITNESS TRACK - \$30 ADULTS / \$15 CHILDREN (ages 5-17) / (ages 4 and under - Free)

Includes all fitness activities below:

- 5K run / walk - certified course and timing (all ages)
- BiG Cardio Class w/professional fitness instructors and live DJ (all ages - Kids age 10 and under must be accompanied by adult)
- CrossFit Workout with Obstacle Course (ages 13+)
- Cycling Class (ages 13+)
- KidFit Class (ages 6-12)
- Sorry, no childcare

SPORTS TRACK - \$30 ADULTS / \$15 CHILDREN (ages 15-17)

All sports tournaments are co-ed. Participants will be placed in teams day of event.

Includes 1 sports tournament below:

- 3-on-3 Adult Basketball Tournament
- 4-on-4 Adult Soccer Tournament
- 4-on-4 Adult Flag Football Tournament
- 4-on-4 Adult Volleyball Tournament
- 10-on-10 Adult Kickball Tournament

COMBO PACK - \$50 ADULTS / \$25 CHILDREN

Includes 5K, all fitness activities, and 1 sports tournament.

EVENT ACTIVITIES

FREE FUN ZONE includes bungee, rock climbing wall, miniature golf, bounce houses, giant slides, mini- mechanical rides for the little ones, face painting and so much more.

Kids age 10 and under must be accompanied by adult. Sorry, no childcare.

- Food Trucks
- Merchants Booths
- Entertainment
- Complimentary post work-out massages
- Tug-O-War and games
- Much More



7TH ANNUAL

4KIDS BIG CARDIO 2014

5K. FITNESS. SPORTS.

MOVE. SWEAT. GIVE.



EVENT FACTS

Pre-Race Event Deadlines:

Team Registration Deadline

Teams Of 20+: Team Captain Picks Team Race Shirt Color.	4/13/2014	11:59 pm
Teams Of 50+: Also Receive Team Name On Race Shirt.	4/13/2014	11:59 pm
Merchant Booth Deadline	4/25/2014	5:00 pm
Online Registration Closes	5/1/2014	12:00 pm

Pre-Race Day Packet Pick-Up:

La Fitness	5/2/2014
6501 North Andrews Avenue	
Fort Lauderdale, Florida 33309	3:00 pm - 8:00 pm
954.495.2288	

Day Of Event Schedule:

Event Registration: All Activities Including 5K, Fitness, Sports.	5/3/2014	6:00 am - 8:15 am
4KIDS Starting Ceremony At Bell Tower	5/3/2014	6:50 am - 7:00 am
5K Run/Walk Starts At Bell Tower	5/3/2014	7:00 am
5K Awards At Main Stage	5/3/2014	8:00 am - 8:25 am
Fitness Classes And Sports Tourneys	5/3/2014	8:30 am - 11:30 am
Sports Tourney Awards At Main Stage	5/3/2014	11:45 am - 12:00 pm
Fun Zone, Food, Activities, And Events	5/3/2014	7:00 am - 12:00 pm



4KIDS of South Florida is a 501 (c) 3 non-profit child welfare agency that provides residential and community solutions for abused, neglected and abandoned children, pregnant teens, and aged-out youth.



www.BiGCardio.org