



## What is the Thin Mint Sprint?

This 5K (3.1 mile) chipped timed event is an opportunity for all runners, Girl Scouts, families and friends to celebrate healthy living and community involvement. This event benefits nearly 20,000 Girl Scouts in west central Florida. The race begins at 8 a.m. at the Safety Harbor Marina and is open to all. Every participant will receive a t-shirt, goodie bag and a medal.

## What is the Tagalong Trot?

The Tagalong Trot is a one-mile run/walk designed for younger racers or those who do not wish to participate in the 5K. The race will begin at 9:15 a.m. in front of the Safety Harbor Marina. Every participant will receive a t-shirt, goodie bag and a medal.

## What is the Samoa Challenge?

The Samoa Challenge is the opportunity to run both the 5K and 1 mile at a discounted price. Every participant will receive a t-shirt and goodie bag. They will also receive a medal for each race they complete.

## What is the Virtual Race?

If you can't join us in person, run in spirit! Sign up as a virtual runner and we will send you a running bib and T-shirt. Then, put on the shirt and bib and participate in the run from wherever you are, either at the same time or another time more convenient for you. Your support will have the same impact!

## Is there a patch?

Yes, all registered Girl Scouts, ages K – 12<sup>th</sup> grade, will receive a FREE patch for the virtual, sprint or trot.

## How do I register for the race?

**Online:** Click here to register now on Active.com by September 12

**Mail:** Download the registration form and waiver from [www.thinmintsprint.org](http://www.thinmintsprint.org). Mail completed form with your check or money order (made payable to GSWCF) to *Girl Scouts of West Central Florida, Attn: Thin Mint Sprint, 4610 Eisenhower Blvd., Tampa, FL 33634*. Mailed registrations must be postmarked by August 31 to be accepted.

**On-site:** Stop by the Girl Scout Leadership Center located at 4610 Eisenhower Blvd., Tampa. The Leadership Center is open Mon. - Fri., 8:30 a.m. - 5:30 p.m. Registrations must be dropped off at the Leadership Center by August 31 at 5:30 p.m. to be accepted.

## What are the registration deadlines and entry fees?

Deadlines and fees are listed below. Race capacity is 1,000 total participants.

Paper Registration Deadline -Through Aug. 31	Thin Mint Sprint \$25	Tagalong Trot \$15	Samoa Challenge \$35	Virtual Race \$10
Online Registration Deadline - Through Sept. 12	\$30	\$20	\$40	\$15
Race Day Registration (check or cash only)	\$35	\$25	\$45	\$20

## What happens if there is inclement weather on race day?

There is not a rain date for this event; it will take place rain or shine.

## Are entry fees refundable?

No. In the event you are unable to be present on race day, you may transfer your entry fee to another racer of your choosing; however, we are unable to provide refunds. There is not a rain date for this event; it will take place rain or shine.

## How old do you have to be to enter?

There are no age requirements for the Thin Mint Sprint or the Tagalong Trot. All participants will need to sign a waiver and all participants under 18 will need to have a parent or guardian sign a waiver.

## Where and when can I pick up my race packet?

Participants will be able to pick up their race packet in advance or on the day of the event.

### Packet Pick Up Sites:

**Thursday, Sept. 14 | Girl Scout Leadership Center | 12 - 6 p.m.**

[4610 Eisenhower Blvd, Tampa, FL 33634](#)

**Friday, Sept. 15 | American Running Company | 12 - 6 p.m.**

[26024 US Hwy 19 N., Clearwater, FL 33763](#)

## What information do I need to pick up my packet or a friend's packet?

Please bring identification with you to get your own packet and a copy of your friend's identification to pick up his/her packet.

## **Do you mail out the race packets?**

No, we will not mail out the packets. Please plan on picking them up at one of the locations listed above or assign someone to pick up your packet for you.

## **What is in a "race packet"?**

A race packet consists of your bib number, T-shirt and goodie bag .

## **Can I still receive my race packet if I am injured and can't race?**

Yes, you may still pick up your race packet or have someone pick it up for you.

## **What time should I arrive for the race?**

For the Thin Mint Sprint, we encourage those who have picked up their packets in advance to arrive no later than 7:15 a.m.; for those participating in the Tagalong Trot, please arrive no later than 8:30 a.m. This will allow ample time to park and proceed to the starting line.

## **Where can I park on race day?**

Parking on any side street near downtown Safety Harbor will be permitted. Parking lots are also located at Safety Harbor Spa, Safety Harbor Public Library, and Safety Harbor City Park. Please be mindful of early morning road closures along the course and allow enough time to park and proceed to the starting line.

## **What should I bring to the race?**

If you have picked up your packet in advance, do not forget your race bib. Only participants wearing their bibs will receive a medal.

## **Are there restrooms on the course?**

Yes. There will be restroom facilities at both the start and finish lines.

## **Will water be available?**

Yes, water will be available along the course and at the end of the race.

## **Are strollers allowed?**

Strollers are not permitted for the 5K Thin Mint Sprint; however, they are permitted for the one-mile Tagalong Trot. Children who will be pushed in strollers do not need to pay the registration fee. Please note that this means they will not receive a good bag, T-shirt or medal. If you would like these items for your children in strollers, they will need to pay the registration fee.

## **Are pets allowed?**

No - Pets will not be allowed to run along with participants.

## **What will happen after the race?**

After the race, participants will enjoy a post-party celebration which includes a sampling of Girl Scout cookies - and much more!

## **Are there awards?**

The top three 5K males and females in each standard age group will be awarded their favorite box of cookies. Additional awards for overall male and female in both the 5K and 1 mile. Join us at the conclusion of both races for the Awards Ceremony and Post-Party Celebration, including unlimited Girl Scout cookies!

## **If I have questions about the race who do I contact?**

For race questions: Terri Costello at [tcostello@gswcf.org](mailto:tcostello@gswcf.org) or 813-758-4508

For online registrations: Amber Lamoreaux at [amberlynnrn@hotmail.com](mailto:amberlynnrn@hotmail.com) or 352-678-0897.