



**4rd Annual Run With MEB!
10K, 5K & 1 Mile Fun Run**

Frequently Asked Questions

Event Date: Sat., May 2, 2026

Distance & Start Times:

Race Day Pick Up Opens at 7 am
10K: 8 am
5K: 8:05 – 8:10 am 1 Mile 8:10 – 8:15 am

Location: Al Lopez Park
4810 N. Himes Ave.
Tampa, FL

Awards: Overall Male/Female 10K & 5K
Overall Youth 9 & Under Male/Female 5K
1st Place Male/Female in 5-year age groups 10-19 to 80+

Deferrals: Deferrals are not offered, however transfers to the virtual option are available.

Refunds: Refunds are not offered once the 15 min. registration window offered by RunSignUp closes.

Pre-Race Pick Up:

Thurs., April 30, 2026
The Running Center
14427 N. Dale Mabry Hwy.
Tampa, FL 33618

How To's:

Update e-mail, address, personal info:

Registration Changes: <https://help.runsignup.com/support/solutions/17000080449> or
<https://help.runsignup.com/support/solutions/articles/17000062920-viewedit-a-registration>

Switch Events (5K to 10K, in person to virtual, etc.)

<https://help.runsignup.com/support/solutions/articles/17000062922transfer-to-another-event>

Transfer Registration to Another Participant:

<https://help.runsignup.com/support/solutions/articles/17000062921transfer-to-another-runner>

Change Shirt Size: <https://help.runsignup.com/support/solutions/articles/17000062913update-t-shirt-giveaway>

Register: <https://runsignup.com/Race/FL/Tampa/MEBFoundationRun>