

# THE SEVENTH ANNUAL Health 5K Color Run & 1 Mile Family Fun Walk (All family members welcome)

## SATURDAY, MAY 16, 2015

Homewood Greenway Walking Trail Lakeshore Drive across from Samford University

### Registration Fees:

#### RUNNERS:

Early Bird Registration -  
\$20.00 (Ends March 29)

Regular Registration -  
\$25.00 (Ends May 3)

Onsite Registration - \$30 day of event

WALKERS: \$10 for all walkers  
(Ages 5 and under Free)

Race T-shirts for 1st 200 registered

### Schedule:

(RAIN or SHINE)

7:00 a.m. Late Registration

8:00 a.m. Begin 5K Color  
Run & 1 Mile  
Family Fun Walk

9:00 a.m. Awards

### Registered Packet Pick-up

Trak Shak | Friday, May 15

#### MAKE CHECKS PAYABLE TO:

The Single Mothers Empowerment Conference, Inc.  
(FIN#46-5411760)

Register on-line at [www.active.com](http://www.active.com)

OR

#### MAIL FORM AND ENTRY FEE TO:

Stacey Jernigan, suite 161-374  
429 Green Spring Highway Birmingham, Alabama 35209  
For more information call (205) 356-0374



NAME \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE AS OF MAY 16, 2015 \_\_\_\_\_  MALE  FEMALE

DATE OF BIRTH \_\_\_\_\_ T-SHIRT SIZE S M L XL XXL

AMOUNT PAID \_\_\_\_\_ DATE \_\_\_\_\_

CHECK ONE  5K RUN  1 MILE WALK

### RELEASE TO COMPLY WITH GCC S 12-5-27 (a) STATE OF ALABAMA

For the sole consideration of being allowed to participate in the Health 5K Color Run & 1 Mile Family Fun Walk in Homewood, Alabama, the undersigned hereby release The Alabama Department of Public Health, St. Vincent's Health System, Samford University, Single Mothers Empowerment Conference, City of Homewood, volunteers, sponsors, its agents, servants and employees from any and all claims, demands, damages, actions, causes of action or suits of any kind or nature whatsoever, and particularly on account of all injuries, known and unknown, both to person and property, which may result or may in the future develop from the Health 5K Color Run & 1 Mile Family Fun Walk on or about the 16th of May, 2015, at or near Homewood, Alabama.

The undersigned hereby declares that the terms of this settlement have been completely read and are fully understood and voluntarily accepted for purpose of making a full and final compromise, adjustment and settlement of any and all claims, disputed or otherwise, on account of the injuries and damages above mentioned, and for the express purpose of precluding forever any further or additional claims arising out of the aforesaid event. I give my permission to use any photograph or other record of me. I understand all entries are non-refundable and non-transferable.

Participant \_\_\_\_\_

Guardian \_\_\_\_\_

Witness \_\_\_\_\_

Date \_\_\_\_\_



**"ON THE MOVE  
TO IMPROVE  
YOUR HEALTH"**

**Grand Marshal  
Linda Mays of ABC 33/40**



OFFICE OF  
WOMEN'S HEALTH  
ALABAMA DEPARTMENT  
OF PUBLIC HEALTH

[www.alabamahealthywomen.com](http://www.alabamahealthywomen.com)



# “ON THE MOVE TO IMPROVE YOUR HEALTH”

The Alabama Department of Public Health Office of Women’s Health (OWH) serves the state of Alabama as a women’s health clearinghouse and resource center for the communities throughout the state. Forums, programs, web based information, print materials and community initiatives are used to share national and state programs pertaining to women’s health issues, data, statistics and services.

The Office of Women’s Health, The Single Mothers Empowerment Conference (SMEC) Inc., the St. Vincent’s Health System, and the city of Homewood are pleased to sponsor the Seventh Annual Health 5K Color Run and 1 Mile Family Fun Walk, “On the Move to Improve Your Health” at Homewood Greenway Walking Trail in Homewood, Alabama on Saturday, May 16, 2015.

The Annual Health 5K Color Run and 1 Mile Family Fun Walk will benefit our mothers, our sisters and our daughters. This event will increase the awareness of women’s health issues in the state of Alabama and highlight resources that are available for health and wellness for women in our state.

Funds from this event will help sustain SMEC initiatives addressing obesity and healthy lifestyle choices such as Girls on the Run in Jefferson County. A portion of the proceeds will be used to sponsor selected girls participation in the 2015 Fall Girls on The Run Program.

For more information about the women’s health initiatives, please visit our website at

[alabamahealthywomen.com](http://alabamahealthywomen.com).

