

THE THIRD ANNUAL Health 5K Run & 1 Mile Fun Walk/Run (All family members welcome)

SATURDAY, MAY 2, 2015

Wilson YMCA Park Crossing Road | 1445 Wilson Park Drive | Montgomery, Alabama 36117
(the connecting road between Ray Thorington and Taylor Road)

Registration Fees:

RUNNERS:
Early Bird Registration - \$20.00 (Ends April 20)
Regular Registration - \$25.00 (Ends April 29)
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 & Fun Walk/Run
9:00 a.m. Awards

Registered Packet Pick-up

Wilson YMCA 1445 Wilson Park Drive, Montgomery, Alabama 36117 | Friday, May 1

MAKE CHECKS PAYABLE TO:
CACF Memo: Girls on the Run

Register on-line at www.active.com

OR

MAIL FORM AND ENTRY FEE TO:

Fleet Feet Sports Montgomery
2934 Carter Hill Road, Montgomery AL 36106
For more information, call (334) 356-5412



NAME _____

EMAIL ADDRESS _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

AGE AS OF MAY 2, 2015 _____ MALE FEMALE

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

AMOUNT PAID _____ DATE _____

CHECK ONE 5K RUN 1 MILE FUN 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 Run & 1 Mile Fun Walk/Run in Montgomery, Alabama, the undersigned hereby release The Alabama Department of Public Health, Baptist Health, Wilson YMCA, Fleet Feet, City of Montgomery, 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 Run & 1 Mile Fun Walk/Run on or about the 2nd of May, 2015, at or near Montgomery, 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”**

**Benefiting Girls on the
Run Montgomery**

**Grand Marshal
Tonya Terry of WSFA 12 News**



OFFICE OF
WOMEN'S HEALTH
ALABAMA DEPARTMENT
OF PUBLIC HEALTH

www.alabamahealthywomen.com



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, Baptist Health, Fleet Feet, and the city of Montgomery are pleased to sponsor the Third Annual Health 5K Run and 1 mile Fun Walk/Run, "On the Move to Improve Your Health" at the Wilson YMCA, Park Crossing Road, 1445 Wilson Park Drive in Montgomery, Alabama on Saturday, May 2, 2015.

The Annual Health 5K Run and 1 Mile Fun Walk/Run 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 be used to help establish Girls on the Run Montgomery. 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.



"ON THE MOVE TO IMPROVE YOUR HEALTH"



Benefiting Girls on the Run Montgomery

