

5k Run timing by Pretzel City Sports, www.pretzelcitysports.com

Entry:

All proceeds benefit Family Guidance Center.

Pre-Register: \$25 to run / \$5 to walk if registered on/before April 30th, 2019. All pre-registration runners will receive a t-shirt and swag bag with their paid registration. All pre-registration walkers will receive a swag bag with their paid registration. Children ages 12 and under may participate in the 5k walk for FREE, please fill out registration form with a signed waver (sorry, no t-shirt or swag bag included).

Pre-registration packet pick-up available Fri., 5/10, 9am-4pm, at Family Guidance Center, SUITE 200.

Registration after April 30th: \$30 to run / \$10 to walk. Registered runners are eligible for a free t-shirt and swag bag, while supplies last. Registered walkers are eligible for a free swag bag, while supplies last. Children ages 12 and under may participate in the 5k walk for FREE, please fill out registration form with a signed waver (sorry, no t-shirt or swag bag included). Race day registration and packet pickup begins at 9am on Sat., 5/18.

Mind Your Health Event Day Schedule:

- 8:00am Event Set-up
- 9:00am Health & Wellness Event begins
Registration / Packet Pickup begins
- 10:00am 5k Race Start
- 10:15am Family-Friendly Walk Start
- 11:00am 5k Race Awards
- 12:30pm Raffle Drawing

Location:

1216 Parkside Drive North
Wyomissing, PA 19610

Stone House Park is bordered by Parkside
Drives North & South and Wyomissing Blvd.

Register online at:

www.familyguidancecenter.com

Awards:

Awards to Top Male & Top Female AND Top 3 Males & Top 3 Females by age group: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

Make checks payable to:

Family Guidance Center, 1235 Penn Ave, Ste 205-206, Wyomissing, PA 19610

Race Director: Linda Ramich (610) 374-4963 x3488 LRamich@familyguidancecenter.com

Family Guidance Center is a 501(c)(3) non-profit organization - donations to which are tax deductible to the fullest extent allowed by law. The official registration and financial information of FGC may be obtained from the Pennsylvania Department of State by calling toll free within Pennsylvania 1-800-732-0999. Registration does not imply endorsement.

----- Detach here -----

For multiple runners, register online at www.familyguidancecenter.com

T-Shirt Size:

[] Adult S [] Adult M [] Adult L [] Adult XL

Race/Walk Registration Fees: \$_____ Additional Donations: \$_____

Total Enclosed: \$_____

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Family Guidance Center, those in their employ, and all their representatives and successors from any injury or liability I might suffer during this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road, sidewalks, paths; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and/or pictures in legitimate accounts and promotions of this event.

Signature: _____ Date: _____

(Parent or guardian signature if under 18 years of age)