

Family Guidance Center presents



A Community Event

Stone House in Wyomissing
1216 Parkside Drive North

Saturday, May 18, 2019
10am - 3pm



FAMILY
GUIDANCE
CENTER

Event Features:

5k Timed Run &
Family-Friendly Walk

FREE Family Activities include:

Vendor booths	Chair Massages
Yoga	by Kula Kamala
??? Food truck	Tai-chi
??? Smoothies	Face Painting
Carnival Games	Balloon Animals
...and more!	

Additional Sponsor Opportunities Available!

Detach here

Registration Required for all Runners and Walkers
No Registration Required to Attend the Community Event

Note: EVERY runner/walker must complete a registration form

First Name: _____ Last Name: _____

☐ Male ☐ Female Date of Birth: _____ Age on Race Day: _____

Address: _____

Phone: _____ Email: _____

Choose ONE: ☐ 5k Run ☐ 5k Family-Friendly Walk

See Reverse for Additional Details and Sponsor Information

Entry:

All proceeds benefit Family Guidance Center.

Pre-Register: \$30 to run / \$5 to walk with guaranteed t-shirt and water bottle if registered on/before **April 30th, 2019**. Pre-registration packet pick-up available Thurs., 4/28, and Fri., 4/29, at Family Guidance Center.

Registration after April 30th: \$35 to run / \$10 to walk; t-shirt and water bottle included, while supplies last. Race day registration and packet pickup begins at 8am on Sat., 4/30.

Mind Your Health Event Day Schedule:

8:00am	Event Set-up
9:30am	Registration / Packet Pickup
10:00am	5k Race Start
10:30am	Family-Friendly Walk Start
11:00am-	
3:00pm	Health & Wellness Event
11:30am	5k Race Awards
2:30pm	Raffle Drawing

Location:

Stone House 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

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

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

T-Shirt Size:

☐ Adult S ☐ Adult M ☐ Adult L ☐ Adult XL

☐ Child S (6-8) ☐ Child M (10-12) ☐ Child L (14-16)

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)