



# For the Girls 5k

Run like a Mother!

5k Run/Walk

Friday, October 13<sup>th</sup>, 2017 - 5:00pm Start

Wickham Park – Pavilion #4

2500 Parkway Dr, Melbourne

Doctor of Women's Health

Physical & Occupational  
Therapy Services



**Thursday, October 12th**

**10:00am-6:30pm**

Packet Pickup & Registration at Running Zone  
(3696 N Wickham Rd, Melbourne)

**Friday, October 13th – Wickham Park**

(Pavilion #4, Wickham Park, 2500 Parkway Dr., Melbourne)

- By the 2nd pond & bathrooms, across from the dog park

3:45pm- Packet Pickup & Registration Opens

4:45pm- Late Registration Closes

5:00pm- 5K Start!

\*Awards immediately following the race

### Awards:

M & F Top 3 Overall, M & F Top Masters (40+),

M&F Top 3 in the Age Groups:

8 & Under	20-24	40-44	60-64
9-11	25-29	45-49	65-69
12-14	30-34	50-54	70-74
15-19	35-39	55-59	75-79
			80+

Proceeds from the "For the Girls 5k" goes to the **For the Girls Scholarship Fund, Inc** dedicated to raising funds for our scholarship program, providing patients with treatments and/or compression garments that they could not afford otherwise.

### Amenities:

- Gender specific race shirts!
  - Shirt Guaranteed if registered by 9/16!
- Post race snacks for participants
- Awesome giveaways after the race!

### Fees:

	Until 10/12	Race Day
Adult Individual	\$30	\$35
Kids (12 & under)	\$20	\$35

**SORRY, NO REFUNDS**

Register online at [secure.runningzone.com](http://secure.runningzone.com)

Online registration closes 10/12 at midnight

Contact Brittany Streufert for more info:

Email: [brittanystreufert@gmail.com](mailto:brittanystreufert@gmail.com)

## For the Girls 5k - Official Entry

CHECKS PAYABLE TO: For the Girls Scholarship Fund

MAIL TO: For the Girls 5K, 801 E. Hibiscus Blvd. Suite 1., Melbourne, FL 32901

RACE MANAGEMENT BY



FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

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

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

SEX: ☐ MALE ☐ FEMALE DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ AGE ON RACE DAY: \_\_\_\_\_

SHIRT SIZE: ☐ Youth Medium (cotton) Men's Sizes: ☐ Small ☐ Medium ☐ Large ☐ XLarge ☐ XXL Large

Women's Sizes: ☐ XSmall ☐ Small ☐ Medium ☐ Large ☐ XLarge ☐ XXL Large

### INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race (series) and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the For the Girls 5K. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this event. I hereby grant full permission to any and all of the foregoing to use any photographs, email, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

SIGNATURE

SIGNATURE OF PARENT FOR THOSE UNDER 18

DATE