



For the Girls 5k
Run like a Mother!
5k Run/Walk
Saturday, May 21st 2016 at 6:30pm
Doctor of Women's Health PT & OT Services
801 E. Hibiscus Blvd. Ste 1
Melbourne, FL

Doctor of Women's Health
 **Physical & Occupational Therapy Services** 
801 E. Hibiscus Blvd. Suite 1
Melbourne, FL 32901
Phone (321) 802-5655 Fax (321) 802-5656

TIMETABLE:

Friday, May 20th

10:00am-6:30pm

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

Saturday, May 21st-

(801 E. Hibiscus Blvd., Melbourne)

5:15pm- Packet Pickup & Registration

6:15pm- Late Registration Closes

6:30pm- 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+

Proceeds To Help Breast Cancer patients Prevent Lymphedema. The "For the Girls 5k" is raising funds for our scholarship program, providing patients with treatments and/or compression garments that they could not afford otherwise

Amenities:

- Guaranteed t-shirt if registered by 5/6
- Gender specific shirts: women (pink), men (black)
- Post race snacks for participants
- Awesome giveaways after the race!

Fees:

	Until 5/20	Race Day
Adult Individual	\$30	\$35
Kids (12 & under)	\$20	\$35

SORRY, NO REFUNDS

Register online at secure.runningzone.com

Online registration closes 5/19 at midnight

Contact jennyalmond@gmail.com for more info

OFFICIAL ENTRY FORM For the Girls 5k 5k RUN/WALK

CHECKS PAYABLE TO: Girlfriend's Guild

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

FIRST NAME _____ LAST NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

SEX: MALE FEMALE DOB: ____/____/____ AGE ON RACE DAY ____

SHIRT SIZE (circle one): Youth Medium (cotton)

Women's Sizes (Pink) Wms XS Wms Small Wms Med Wms Large Wms XL Wms XXL

Men's Sizes (Black) Men Small Mens Med Mens Large Mens XL Mens XXL

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

RACE MANAGEMENT BY

