



# TWLOHA's Run For It 5k

Saturday, April 16, 2016 - 8:00 am

David R. Schechter Center, Satellite Beach, FL

1089 S. Patrick Drive, Satellite Beach, FL 32937

**To Write Love on Her Arms** is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. TWLOHA exists to encourage, inform, inspire, and also to invest directly into treatment and recovery.

We'd like to invite you to join us for the **4<sup>th</sup> Annual Run For It 5k**. The Run For It 5k is an opportunity to move for something that matters—whether that's for health, recovery, or in memory of a loved one. We hope it will also be a chance to connect with your local community, share the message of hope and help in a new way.

**WHAT WILL YOU RUN FOR?** Share with us using **#RunForIt5k** on Twitter and Instagram.

## Friday, April 15<sup>th</sup> – Early Registration Ends\*

Packet Pickup at Running Zone -10am-6:30pm  
3696 N Wickham Road, Melbourne, FL 32935

## Saturday, April 16<sup>th</sup> –Race Day!

David R. Schechter Center

7:00 am Packet Pickup & Registration

7:45 am Late Registration Ends

**8:00 am 5k Start!!!**



Award ceremony, prizes, and family fun activities immediately following the race.

**You're also invited to join us after the race for a Backwater Pancake Breakfast, which includes pancakes, sausage links, and juice! You can also purchase additional meal tickets for friends and family!**

## AWARDS:

- **Top 3 Overall (Male & Female)**
- **Top Masters (40+) (Male & Female)**
- **Top 3 Teams**
- **Top Individual + Team Fundraisers**
- **Age Groups (Top 3 Male & Female)**

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

## COST:

**Until April 15 / Race Day**

<b>Individual 5K</b>	\$25.00	\$30.00
<b>Individual w/ Breakfast</b>	\$30.00	\$35.00
<b>Team 5K</b>	\$22.00	\$27.00
<b>Team 5K w/ Breakfast</b>	\$27.00	\$32.00
<b>Additional Backwater Breakfast:</b>		\$5.00

## OFFICIAL ENTRY FORM

Make ALL Checks Payable to: **TWLOHA, Inc.** mail to **PO Box 2203, Melbourne, FL 32902**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (daytime) \_\_\_\_\_ E-mail address \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_\_ Sex ☐ Male ☐ Female

Please check shirt size\* ☐XS ☐S ☐M ☐L ☐XL ☐XXL Additional Donation ☐\$5 ☐\$10 ☐Other \$\_\_\_\_\_

**Additional Backwater Pancake Breakfasts** ☐ Add extra meals to my registration (\$5.00/person) # \_\_\_\_\_ = \$\_\_\_\_\_

**Team Name\* (if applicable)** \_\_\_\_\_ \*Teams must consist of 4 or more people

## INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

I intend to be legally bound and do hereby for myself, my heirs, and executor, waive all rights and claims for damage which may occur to me against TWLOHA, Running Zone Race Management, Inc. and other named organizations of this event, or any subsidiary or political division thereof, its officers, agents, successors, representatives, assigns from all claims and liabilities of any kind that may arise from the Race For It 5K event though that liability may arise out of negligence or carelessness on behalf of the persons on this waiver. If I should suffer injury or illness, I authorize officials of the race to use their discretion to have me transported to a medical facility. I hereby grant full permission to any and all of the foregoing to use any photographs, 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 \_\_\_\_\_

