



TWLOHA's Run For It 5k

Saturday, April 16, 2015 - 8:00 am

David R. Schechter Center, Satellite Beach, FL

1089 S. Patrick Drive, Satellite Beach, FL 32937

To Write Love on Her Arms (TWLOHA) 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 fourth 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.

TIMETABLE:

Friday, April 15th

Packet Pickup & Early Registration Closes

Running Zone

3696 N Wickham Road, Melbourne, FL 32935

10am-6:30pm

Saturday, April 16th – 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, raffle, and family fun activities immediately following the race! *The first 800 registrations receive a race t-shirt.*

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	April 16
Individual 5K	\$25.00	\$30.00
Team 5K	\$22.00	\$27.00

Fees are per person. No refunds available.

OFFICIAL ENTRY FORM

Make ALL Checks Payable to: **TWLOHA, Inc.**

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____ E-mail address _____

Date of Birth ____/____/____ Age on Race Day _____ Gender ☐ Male ☐ Female

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

**First 800 registrations will receive a race t-shirt.*

Team Name* (if applicable) _____ **Teams must consist of 4 or more members*

WHAT WILL YOU RUN FOR?

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 _____

Send completed form + fee to:

TWLOHA

Attn: Run For It 5k

PO Box 2203

Melbourne, FL 32902