For the Girls 5k

Run like a Mother!
5k Run/Walk
Saturday, September 30th, 2017 - 5:00pm Start

Wickham Park – Pavilion #4

2500 Parkway Dr, Melbourne

Doctor of Women's Health
Physical & Occupational Therapy Services

Friday, September 29th
10:00am-6:30pm
Packet Pickup & Registration at Running Zone
(3696 N Wickham Rd, Melbourne)

Saturday, September 30th – 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 9/29**	**Race Day**
Adult Individual	$30	$35
Kids (12 & under)	$20	$35

SORRY, NO REFUNDS

Register online at secure.runningzone.com
Online registration closes 9/28 at midnight

Contact Brittany Streufert for more info:
Email: 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
RUNNING ZONE

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 ☐ XXLarge

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

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