

TO
WRITE
LOVE
ON HER
ARMS.

RUN FOR IT 5K

WHAT WILL YOU RUN FOR?

Saturday, April 15, 2017 - 8:00 am

David R. Schechter Center / Satellite Beach, FL
1089 S. Patrick Drive, Satellite Beach, FL 32937

Join **TWLOHA** for the 5th Annual Run For It 5k on April 15, 2017. 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. It’s also a chance to connect with your local community and share the message of hope and help in a new way.

About TWLOHA: 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.

Friday, April 14th – Early Registration Ends*
Packet Pickup at Running Zone -10am–6:30pm
3696 N Wickham Road, Melbourne, FL 32935

Saturday, April 15th –Race Day!
David R. Schechter Center
7:00 am Packet Pickup/Registration
7:45 am Late Registration Ends
8:00 am 5K Starts!

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

Join us after the race for a delicious Backwater pancake breakfast! Breakfast is included in your registration fee, but you may 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 14	Race Day
Individual 5K	\$27.00	\$32.00
Team 5K	\$24.00	\$29.00
11 and under 5K	\$17.00	\$22.00

* Breakfast is included in the runner registration price, but you must RSVP that you’d like to participate.



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 \$_____

Backwater Breakfast RSVP Yes ___ No ___

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

WHAT WILL YOU RUN FOR?
OFFICIAL REGISTRATION