

THE FIFTH ANNUAL Women's Health 5K Run & 1 Mile Mother-Daughter Walk (All family members welcome)

Saturday, May 18, 2013

Homewood Greenway Walking Trail Lakeshore Drive across from Samford University

Registration Fees:

RUNNERS:

Early Bird Registration -
\$15.00 (Ends March 15)

Regular Registration -
\$20.00 (Ends April 28)

Onsite Registration - \$25 day of event

WALKERS: \$5 for all walkers
(Ages 5 and under Free)

Race T-shirts for 1st 200 registered

Registered Packet Pick-up

St. Vincent's 119 Location | Friday, May 17

MAKE CHECKS PAYABLE TO:

The Alabama Office of Women's Health (EID#63-1106545)

Register on-line at www.active.com

OR

MAIL FORM AND ENTRY FEE TO:

Dechelle Merritt/RSA Tower Suite 1010
201 Monroe Street / Montgomery, AL 36104
For more information call (334) 206-5669

NAME _____

EMAIL ADDRESS _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

AGE AS OF MAY 18, 2013 _____ MALE FEMALE

DATE OF BIRTH _____

T-SHIRT SIZE S M L XL XXL

AMOUNT PAID _____

DATE _____

CHECK ONE 5K RUN 1 MILE WALK

Schedule:

(RAIN or SHINE)

7:00 a.m. Late Registration

8:00 a.m. Begin 5K Run
& 1 Mile Mother
Daughter Walk

9:00 a.m. Awards



RELEASE TO COMPLY WITH GCC S 12-5-27 (a) STATE OF ALABAMA

For the sole consideration of being allowed to participate in the Women's Health 5K Run & 1 Mile Mother-Daughter Walk in Homewood, Alabama, the undersigned hereby release The Alabama Department of Public Health, St. Vincent's Health System, City of Homewood, volunteers, sponsors, its agents, servants and employees from any and all claims, demands, damages, actions, causes of action or suits of any kind or nature whatsoever, and particularly on account of all injuries, known and unknown, both to person and property, which may result or may in the future develop from the Women's Health 5K Run & 1 Mile Mother-Daughter Walk on or about the 18th of May, 2013, at or near Homewood, Alabama. The undersigned hereby declares that the terms of this settlement have been completely read and are fully understood and voluntarily accepted for purpose of making a full and final compromise, adjustment and settlement of any and all claims, disputed or otherwise, on account of the injuries and damages above mentioned, and for the express purpose of precluding forever any further or additional claims arising out of the aforesaid event. I give my permission to use any photograph or other record of me. I understand all entries are non-refundable and non-transferable.

Participant _____

Guardian _____

Witness _____

Date _____



**"ON THE MOVE
TO IMPROVE
WOMEN'S HEALTH"**

**Grand Marshal
Linda Mays of ABC 33/40**



OFFICE OF
WOMEN'S HEALTH
ALABAMA DEPARTMENT
OF PUBLIC HEALTH

www.alabamahealthywomen.com



The Alabama Department of Public Health Office of Women's Health (OWH) serves the state of Alabama as a women's health clearinghouse and resource center for the communities throughout the state. Forums, programs, web based information, print materials and community initiatives are used to share national and state programs pertaining to women's health issues, data, statistics and services.

The Office of Women's Health, the St. Vincent Health System, and the city of Homewood are pleased to sponsor the Fifth Annual Women's Health 5K Run and 1 mile Mother-Daughter Walk, "On the Move to Improve Women's Health" at Homewood Greenway Walking Trail in Homewood, Alabama on Saturday, May 18, 2013.

The Annual Women's Health 5K Run and 1 Mile Mother-Daughter Walk will benefit our mothers, our sisters and our daughters. This event will increase the awareness of women's health issues in the state of Alabama and highlight resources that are available for health and wellness for women in our state. Funds from this event will be used to help sustain initiatives addressing obesity and healthy lifestyle choices such as New Leaf, BodyWorks, and Girls on the Run that are offered in the local communities of Alabama. A portion of the proceeds will be used to sponsor selected girls participation in the 2013 Fall Girls on The Run Program.

For more information about the women's health initiatives, please visit our website at

alabamahealthywomen.com.



"ON THE MOVE TO IMPROVE WOMEN'S HEALTH"

