

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

Saturday, May 11, 2013

Wilson YMCA Park Crossing Road | 1445 Wilson Park Drive | Montgomery, Alabama 36117
(the connecting road between Ray Thorington and Taylor Road)

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

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

Registered Packet Pick-up

Wilson YMCA 1445 Wilson Park Drive, Montgomery, Alabama 36117 | Friday, May 10

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



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 Montgomery, Alabama, the undersigned hereby release The Alabama Department of Public Health, Baptist Health, City of Montgomery, 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 11th of May, 2013, at or near Montgomery, 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.

NAME _____

EMAIL ADDRESS _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

AGE AS OF MAY 11, 2013 _____ MALE FEMALE

DATE OF BIRTH _____ T-SHIRT SIZE S M L XL XXL

AMOUNT PAID _____ DATE _____

CHECK ONE 5K RUN 1 MILE WALK

Participant _____

Guardian _____

Witness _____

Date _____



**“ON THE MOVE
TO IMPROVE
WOMEN’S HEALTH”**

**Grand Marshal
Tonya Terry of WSFA 12 News**



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, Baptist Health, and the city of Montgomery are pleased to sponsor the First Women's Health 5K Run and 1 mile Mother-Daughter Walk, "On the Move to Improve Women's Health" at the Wilson YMCA, Park Crossing Road, 1445 Wilson Park Drive in Montgomery, Alabama on Saturday, May 11, 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"

