

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

USATF CERTIFIED COURSE

## Saturday, April 24, 2010

Linn Park | 710 20th Street | Birmingham, AL

### Registration Fees:

**Runners** – \$15.00 until race day,  
\$20.00 race day

**Walkers** – \$5 for one or for family  
(all family members welcome)

**Ages 5 and under Free**

**Race t-shirts for 1<sup>st</sup> 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

St Vincent's 119 location  
April 22 & 23.

### Make Checks payable to:

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

Register on-line at [www.active.com](http://www.active.com)

or

### Mail form & entry fee to:

Dechelle Merritt / RSA Tower Suite 710  
201 Monroe Street / Montgomery, AL 36104  
For more information call (334) 206-5669



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Age as of April 24, 2010 \_\_\_\_\_

Male

Female

Date of Birth \_\_\_\_\_

T-shirt Size

S

M

L

XL

Amount Paid \_\_\_\_\_

Date \_\_\_\_\_

Check one  5K Run  1 Mile Walk

### 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 Birmingham, Alabama, the undersigned hereby release the City of Birmingham, the Alabama Department of Public Health, St. Vincent's Health System, ONB Magic City Art Connection, 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 24th of April, 2010, at or near Birmingham, 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.

Participant \_\_\_\_\_

Guardian \_\_\_\_\_

Witness \_\_\_\_\_

Date \_\_\_\_\_



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



OFFICE OF  
WOMEN'S HEALTH  
ALABAMA DEPARTMENT  
OF PUBLIC HEALTH

[www.alabamahealthywomen.com](http://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 and the St. Vincent Health System are pleased to sponsor the Second Annual Women's Health 5K Run and 1 Mile Mother-Daughter Walk, "Women on the Move to Improve Women's Health" during the ONB Magic City Art Connection at Linn Park in Birmingham, Alabama on Saturday, April 24, 2010.

The Annual Women's Health 5K Run and 1 Mile Mother-Daughter Walk will benefit our mothers, our sisters and our daughters. Funds from this event will be used to help sustain initiatives addressing obesity and healthy lifestyle choices such as New Leaf and BodyWorks that are offered in the local communities of Alabama. 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.

For more information about the women's health initiatives, please visit our website at [alabamahealthywomen.com](http://alabamahealthywomen.com).

