



Family Guidance Center presents

Saturday
May 16th, 2020
8am-12pm



Stone House
1216 Parkside Dr N
Wyomissing, PA 19610

5K Run, Family-Friendly Walk, and Community Event



Event to feature...

5K TIMED Run
Family-Friendly Walk
Vendor Booths
Raffle Items

FREE Carnival Games
FREE Yoga
FREE Chair Massages
FREE Face Painting
FREE Balloon Animals
...and more!



Come join us on May 16th to get your body moving and support your local mental health non-profit, Family Guidance Center!



United Way of Berks County

First Name: _____ Last Name: _____

Male Female Date of Birth: _____ Age on Race Day: _____

Address: _____

Phone: _____ Email: _____

Choose ONE: 5k TIMED Run Family-Friendly Walk

See Reverse for Additional Details and Sponsor Information

Entry:
All proceeds benefit Family Guidance Center.

Pre-Register: \$25 to run / \$5 to walk if registered on/before April 24, 2020. All pre-registration runners will receive a t-shirt and swag bag with their paid registration. All pre-registration walkers will receive a swag bag with their paid registration. Children ages 12 and under may participate in the family-friendly walk for FREE, please fill out registration form with a signed waiver (sorry, no t-shirt or swag bag included).

Registration after April 24: \$30 to run / \$10 to walk. Registered runners are eligible for a free t-shirt and swag bag, while supplies last. Registered walkers are eligible for a free swag bag, while supplies last. Children ages 12 and under may participate in the family-friendly walk for FREE, please fill out registration form with a signed waiver (sorry, no t-shirt or swag bag included). Race day registration and packet pickup begins at 8am on Sat., May 16th.

Mind Your Health Event Day Schedule:

- 7:00am Event Set-up
- 8:00am Health & Wellness Event begins
Registration / Packet Pickup begins
- 9:00am 5k Race Start
- 9:05am Family-Friendly Walk Start
- 10:30am 5k Race Awards
- 11:30pm Raffle Drawing

Location:
1216 Parkside Drive North
Wyomissing, PA 19610

Stone House Park is bordered by Parkside Drives North & South and Wyomissing Blvd. Event parking and access information can be found on the event website and registration pages.

Register online at:
www.familyguidancecenter.com

Awards:
Awards to Top Male & Top Female AND Top 3 Males & Top 3 Females by age group: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

Make checks payable to:
Family Guidance Center, 1235 Penn Ave, Ste 205-206, Wyomissing, PA 19610
Race Director: Linda Ramich (610) 374-4963 x *3488 LRamich@familyguidancecenter.com

Completed Registration Form Required for ALL Runners and Walkers
No Registration Required to Attend the Community Event



Sponsored in conjunction with
Wyomissing Parks & Recreation Department

Family Guidance Center is a 501(c)(3) non-profit organization - donations to which are tax deductible to the fullest extent allowed by law. The official registration and financial information of FGC may be obtained from the Pennsylvania Department of State by calling toll free within Pennsylvania 1-800-732-0999.
Registration does not imply endorsement.

T-Shirt Size: [] Adult S [] Adult M [] Adult L [] Adult XL

Race/Walk Registration Fees: \$ _____ Additional Donations: \$ _____

Total Enclosed: \$ _____

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Family Guidance Center, those in their employ, and all their representatives and successors from any injury or liability I might suffer during this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road, sidewalks, paths; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and/or pictures in legitimate accounts and promotions of this event.

Signature: _____ Date: _____

(Parent or guardian signature if under 18 years of age)