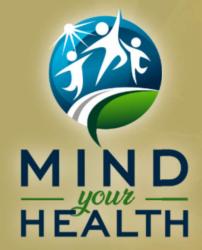
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(610) 374-4963

info@familyguidancecenter.com



The 3rd (Annual



5k run, walk & Free Community Event Saturday, September 18, 2021 8am-12pm

Stone House in Wyomissing 1216 Parkside Dr N Wyomissing, PA 19610

featuring!

- Pretzel City 5k TIMED Run
 - Malk Family-Friendly Walk
 - Raffle Items

free!

- **Vendor Booths**
- **Yoga**

- Kid Activities
- Chair Massages Balloon Animals
 - Bike-Decorating

Contest (with prizes!)

Come join us to boost your mood and support a local mental health non-profit!

Name:			
[]Male []Female	Date of Birth:	Age on Race Day:	
Address:			i i
Phone:	Ema	II.	
Choose ONE: [] 5k 1	TIMED Run [] Famil	y-Friendly Walk	
T-Shirt Size (incl. for r	unners/\$15 for walkers):	[] Adult S [] Adult M [] Adult L [] Adult	1

See reverse for Additional Details and Sponsor Information

5k Run timing by Pretzel City Sports

Online registration available at www.familyguidancecenter.com or www.pretzelcitysports.com

Entry:

All proceeds benefit Family Guidance Center.

Pre-Registration: Register on/before August 20th, 2021.

Runners: \$25 entry fee. T-shirt and swag bag included with paid registration, while supplies last. Walkers: \$5 entry fee. T-shirts available for an additional charge, while supplies last (\$15/shirt). Children Walkers (12 and under): Free, please fill out registration form with a signed waiver.

Registration after August 20th: \$30 to run / \$10 to walk.

Runners: \$30 entry fee. T-shirt and swag bag included with paid registration, while supplies last. Walkers: \$10 entry fee. T-shirts available for an additional charge, while supplies last (\$15/shirt). Children Walkers (12 and under): Free, please fill out registration form with a signed waiver.

Race day registration and packet pickup begins at 8am on Saturday, September 18th.

Mind Your Health Event Day Schedule:

6:45am Event Set-up

8:00am Health & Wellness Event begins Registration / Packet Pickup begins

9:00am 5k Race Start

9:05am Family-Friendly Walk Start

10:00am 5k Race Awards

10:30am Kids Decorated Wheel Parade

11:30pm Raffle Drawing

Race/Walk Registration Fees: \$

Signature: _

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.

Visit our website at www.familyguidancecenter.com for race/walk registration and bike decorating contest details!

Additional Donations: \$

Date:

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.

Total Enclosed: \$	· · · · · · · · · · · · · · · · · · ·	
imited 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	Total Enclosed: \$	
pictures in legitimate accounts and promotions of this event.	limited to Family Guidancé Center, those in their employ, and all their representatives and successors from any in during this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with rui but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or hu	iury or liability I might suffer nning in this event including, midity; and the condition of

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