



Family Guidance Center presents

1235 Penn Ave, Ste 205-206, Wyomissing, PA 19610

(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
-  Family-Friendly Walk
-  Raffle Items

free!

- | | |
|--|---|
|  Vendor Booths |  Kid Activities |
|  Chair Massages |  Balloon Animals |
|  Yoga |  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: _____

Phone: _____ Email: _____

Choose ONE: [] 5k TIMED Run [] Family-Friendly Walk

T-Shirt Size (incl. for runners/\$15 for walkers): [] Adult S [] Adult M [] Adult L [] Adult XL

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

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!

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.

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)