

Family Guidance Center's

4th annual MIND *your* HEALTH



5K Run, Walk and FREE Community Event

Saturday, May 21, 2022

8:00am - 12:00pm

Stone House in Wyomissing

1216 Parkside Dr North

Featuring!

FREE!

5K Run (timed by Pretzel City)

Wellness Vendors | Carnival Games

Family-Friendly Walk

Chair Massages | Balloon Animals

Amazing Raffle Items

Yoga | Kids Wheels Parade

(cash & credit cards accepted!)

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

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

See reverse for additional details

A completed form and signed waiver (back) are required to participate in the run or walk

Name: _____

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

Address: _____

Phone: _____ Email: _____

T-Shirt Size (incl. for runners/\$15 additional purchase for walkers):

[] Adult S [] Adult M [] Adult L [] Adult XL



Sponsored in conjunction with
Wyomissing Parks & Recreation Department



Family
Guidance
Center



Entry: All proceeds benefit Family Guidance Center.

A completed registration form with a signed waiver is required for all runners and walkers, children included.

Pre-Registration - on/before April 29, 2022:

Runners: \$25 entry fee. T-shirt and swag bag included with paid registration, while supplies last.

Walkers: \$5 entry fee. T-shirt and swag bag not included. T-shirts are available for \$15/shirt, while supplies last.

Children walkers (12 and under) walk for free!

Registration - after April 29, 2022:

Runners: \$30 entry fee. T-shirt and swag bag included with paid registration, while supplies last.

Walkers: \$10 entry fee. T-shirt and swag bag not included. T-shirts are available for \$15/shirt, while supplies last.

Children walkers (12 and under) walk for free!

Race day registration and packet pickup begins at 8am on Saturday, May 21, 2022.

Mind Your Health Event Day Schedule:

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 Wheels Parade

11:30pm Raffle Drawing
(no need to be present to win!)

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 kids wheels parade 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, 60-69, 70+

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 (including children under 12)
No Registration Required to Attend the Community Event**

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.

[] 5k Runner (\$25 pre-registration / \$30 after April 29, t-shirt INCLUDED for runners, no need to purchase)

[] Walker (\$5 pre-registration / \$10 after April 29 / NO CHARGE for children under 12)

[] I would like to purchase a t-shirt (\$15/shirt) - remember to indicate shirt size on front!

Additional Donation?: \$ _____

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)