

FAMILY GUIDANCE CENTER PRESENTS
MIND *your* HEALTH



Fifth Annual

5K

**Run, Walk &
Community Event**

**SATURDAY
MAY 20
2023**

8AM - 11AM

**1216 PARKSIDE DRIVE NORTH
STONE HOUSE IN WYOMISSING**

GET MOVING TO JOIN IN ON THE FUN AND SUPPORT
MENTAL HEALTH AWARENESS AND EDUCATION

Community Event Features

**Raffle Baskets • Wellness Vendors • FREE Carnival Games
FREE Chair Massages • Decorated Wheels Parade for Kids
Wacky Patti and her Balloon Creations • Music by DJ Ron
FREE Fitness Demos**

**Event details and online 5k/walk registration available at
www.familyguidancecenter.com
or call (610) 374-4963**



Sponsored in conjunction with
Wyomissing Parks & Recreation Department



5k Run timing by Pretzel City Sports

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 28, 2023:

Runners: \$30 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 \$20/shirt, while supplies last.

Children walkers (12 and under) walk for free!

Registration - after April 28, 2023:

Runners: \$35 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 \$20/shirt, while supplies last.

Children walkers (12 and under) walk for free!

Race day registration and packet pickup begins at 8am on Saturday, May 20th, 2023.

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 Decorated Wheels Parade
11:00am 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 electronic race/walk registration and
decorated wheels parade details!**

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 Avenue, Ste 205-206, Wyomissing, PA 19610

Point of contact: Yanelkis Hernandez (610) 374-4963 x *3488 • yhernandez@familyguidancecenter.com

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.

Completed registration form required for ALL runners and walkers (including children under 12)!
No registration required to attend the Community Event.

Name: _____

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

Address: _____ Phone: _____

I will participate in the: 5k Run Walk Email: _____

T-Shirts are \$20 to purchase (runners receive one complimentary shirt with paid registration, while supplies last)

T-Shirt: Yes No T-Shirt Size (Adult S, M, L, XL): _____

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)