



FAMILY GUIDANCE CENTER OF ALABAMA

Family Guidance Center of Alabama (FGC) is a non-profit organization that has provided quality services designed to strengthen families since 1959. FGC is committed to providing needed services throughout Alabama that are of the highest quality and that are consistent with the agency's standards of excellence. FGC has offices located in Montgomery, Dothan, Tuscaloosa, Hayneville, Selma, Opelika, Talladega, and Birmingham.

MISSION

Family Guidance Center of Alabama is dedicated to strengthening families through partnering with families, organizations, and communities and through the provision of an accessible comprehensive system of coordinated programs and services designed to enable people of all ages in Alabama to envision and achieve their goals.

SERVICES

Family Guidance Center of Alabama offers a continuum of services including:

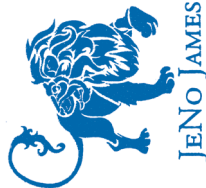
- Therapeutic Counseling
- Big Brothers Big Sisters Youth Mentoring
- Child Care Management
- Success By 6 Program
- Kids and Kin Program
- First Teacher Program
- Child Care Education & Training
- LIFT Program (Marriage Enrichment)
- Parenting Matters Program—specialized services for fathers
- Family Resource Centers—Montgomery, Lowndes, & Jefferson Counties
- Working Matters Program
- Family Coaches Program
- Travelers Aid Program
- Senior Caregivers Program
- Families in Transition
- Families of the Year Awards Program

ANNUAL WALK/RUN EVENT

The agency's annual Walk/Run has involved the community in a fun, healthy activity for adults and children since 2009. The event supports the services of the agency and benefits Alabama families. Thank you for your support.

334.270.4100 www.familyguidancecenter.org

Family Guidance Center of Alabama
2358 Fairlane Drive
Montgomery, Alabama 36116



THE SHOPPES
at EastChase



FamilyGuidanceCenterofAlabamaWalkRun



Non-Profit Org.
U.S. Postage
PAID
Permit # 409
Montgomery, AL



Family Guidance Center of Alabama

@ THE SHOPPES AT EASTCHASE

FGC Walk/Run

Saturday, September 13, 2014

7:30 am @

**The Shoppes at EastChase
Montgomery, Alabama**

**5K and 10K Walk/Run
Electronic Timing
Door Prizes**

**"Boot Camp" Warm-up
Post-Run Street Party
Discount Shopping Passes**

JOIN US!

Join us for fun, prizes, and a party! 5K & 10K Walk/Run, pre-run "Boot Camp" warm-up, and a post-run street party.

When Saturday, Sept. 13, 2014
Registration starts at 6:00 AM
Opening Ceremony & Pre-Run Warm-Up starts at 7:00 AM
Walk/Run starts at 7:30 AM

Where The Shoppes at EastChase at the Fountain
7274 East Chase Parkway, Montgomery, AL
(Exit #9 off I-85, south on Taylor Road, turn left into EastChase)

Registration (non-refundable) Early registrations accepted through 2:00 PM Friday, September 5, 2014. You can mail us the attached registration form or register on-line at www.active.com.

Early Registration (5K or 10K)
Adult (19+) \$30.00
Youth (18 & Under) \$25.00
*Virtual Runner \$30.00

Day of race registration starts at 6:00 AM at Race Central at The Shoppes at EastChase.

Late and Day-of Registration
Adult (19+) \$35.00
Youth (18 & under) \$30.00
*Virtual Runner \$35.00

*Virtual Runners can enjoy sleeping in on race day and still support Family Guidance Center of Alabama! A T-shirt and a Food Ticket to the Post-Run Party are reserved for you.

All runners/walkers should check-in at Race Central at The Shoppes at EastChase Fountain the morning of the event.

****Thunderstorms cancel the event****

****The courses will close at 10:00 AM****

Door Prizes and Awards

Winners' names and awards will be posted at Race Central. The Top Male and Top Female Overall winners in the 5K and 10K races will receive gift certificates. Top placers in age groups will receive an award. All participants will be entered to win door prizes to be given away at Race Central, following the race.

Pre-Run Warm-Up

"Boot Camp" stretching and warm-up exercise will start following the Opening Ceremony at the EastChase fountain.

The Course

The River Region Running Club has designed the marked 5K and 10K courses to include scenic portions of EastChase and surrounding neighborhoods. Strollers, pets, and supervised children on bikes are invited to enjoy the courses. Electronic chip timing will be utilized. Water stations will be placed along the course. Course monitors help guide your way. Restrooms are located near Race Central in EastChase.

Post Run Party (and Shopping and Car Show!)

After the Walk/Run, join us for the Street Party. Refreshments will be provided to all 5K, 10K, and Virtual registrants. Guests are invited to purchase additional Food Tickets for \$5.00 each. Also, be sure to enjoy your Discount Shopping Pass to The Shoppes at EastChase after the race (theshoppesateastchase.com), and don't miss the 7th Annual Open Car & Truck Show, 9am- 3pm, at EastChase near Dillard's (www.capitolcitycorvettes.com).

T-Shirts

Participants who pre-register by September 5th for the 5K, 10K or Virtual Run will receive a T-shirt on race day. T-shirts for late and day-of-event registrants will be available, while supplies last.

All registrants are entered into a drawing for an iPad Mini!



ENTRY FORM

Register on active.com or complete and mail the following to:
Family Guidance Center Walk/Run 2014
2358 Fairlane Drive | Montgomery, Alabama 36116 | 334-270-4100
One form per person, please. Print clearly.

Category (check 1): Adult Youth Virtual

First Name

Last Name

Gender: Male Female

Age on 9-13-14

Birth date (mm/dd/year)

Email

() -

Telephone

Address

City

State

Zip

T-shirt size for 5K, 10K, or Virtual Run (check one):

Youth M Adult S M L XL 2X 3X

Participating in the (check one): 5K 10K Virtual Run

All registrants for the 5K, 10K, or Virtual Run are invited to attend the Post-Run Party. You can purchase food tickets for your guests at \$5.00 per ticket.

Enclosed is

\$ _____ Registration for the Walk/Run and refreshments.

\$ _____ To cover _____ Guest Food Tickets (\$5.00 each)

\$ _____ Total Enclosed (*payable to Family Guidance Center*)

Waiver and PR Release

In consideration of the acceptance of this entry, I, on behalf of myself, my personal representatives, beneficiaries and heirs, waive, release, and discharge any and all rights and claims which I may have or which may hereafter accrue to me or my estate, against Family Guidance Center of Alabama, The Shoppes at EastChase, the sponsors, and all parties who are putting on this event as a result of injury or death suffered by me at this event or while traveling to and from this event. I knowingly assume all risk involved in this event. This release is to be as broadly interpreted as possible under Alabama Law. I also allow my picture/comments or those of my minor(s) to be used as part of event promotion.

Participant Signature

Date

Parent/Guardian Signature (for participants under 19)

Date