



Family Guidance Center of Alabama 2019 Walk/Run

@ The Shoppes at EastChase 7274 East Chase Parkway, Montgomery, AL
Pre-Register before 2 PM on 9/3/19 Packet Pickup from 3 to 7 PM on 9/5/19
Saturday, September 7, 2019
6 AM - Day-of Registration starts
7 AM - Opening Ceremony
7:30 AM - 5K and 10K Course Opens

Door Prizes, Age-Group Awards, Shopping Discounts, Post-Run Refreshments, T-Shirts...

Walk/Run Registration Form

Early registrations are accepted through 2 PM on 9/3/19. Mail this form or register online at runsignup.com

I am participating in the (check one): 5K 10K Virtual Run

Please print clearly.

First Name: _____ Last Name: _____

Gender: Male Female Age on 9/7/19: _____ Birthdate (mm/dd/yy): _____

Email: _____ Telephone #: (_____) _____

Address: _____ City: _____ State: _____ Zip Code: _____

T-shirt size (check one) Shirts are available as supplies last for day-of registrants.

Youth Medium Adult Sizes: Small Medium Large XL 2X 3X

Waiver and Public Relations 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/Crawford Square, 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 image, story, or those of my minor children to be used in marketing this event.

Signature of Participant

Date

Signature of Parent/Guardian for all participants under 19 years of age

Date

Enclosed is:

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

(Adult 19+ 5K = \$30; Adult 19+ 10K = \$35; Youth 18 and under 5K/10K = \$25; Virtual Runner = \$30)

***After 2 PM on 9/3/19, please add \$5 per person.

\$ _____ (how many) GUEST Food Tickets @\$5 each. (Registrants eat free.)

\$ _____ Additional, tax-deductible donation

\$ _____ Total Enclosed (Please make checks payable to Family Guidance Center.)

Mail to: Family Guidance Center of Alabama . Walk/Run 2019 . 2358 Fairlane Drive . Montgomery, AL 36116

Get more information or register at runsignup.com!



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EAST CHASE

