

# Friends and Family For a Cure 5K Run/Walk



**Saturday, February 7, 2009** (7:30 am start)

**First Church of God, Vero Beach**

**\*\*\*All Proceeds to BENEFIT The American Cancer Society's  
Relay For Life of the Beaches\*\*\***

**Course:**

- Begins and ends at First Church of God parking lot
- One water station

**Entry Fee:**

- \$20 .00 in advance, \$25.00 on race day. Shirts guaranteed to first 100 registered.
- Race day entries will be accepted starting at 6:30 am on race day.

**Awards:**

- Runners – (14 & Under) (14 – 19) (20 – 29) (30 -39) (40 – 49) (50 – 59) (60 – 69) (70 & over)

**Packet Pickup:**

- Thursday and Friday (Feb 5<sup>th</sup> and 6<sup>th</sup>)
- 10 AM to -5 PM at Runner's Depot of Vero Beach

**Send All Race Entries To:**



436 21<sup>st</sup> Street, Vero Beach, FL 32960

772-569-7364

Runnersdepot@comcast.net

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**Entry Form**

**Please Print Legibly:** make checks payable to *Southern Health Alternatives, INC* **Circle One** - Runner / Walker

Name \_\_\_\_\_ Gender \_\_\_\_\_ Race Day Age \_\_\_\_\_ T shirt size: S M L XL

Address: \_\_\_\_\_ e-mail \_\_\_\_\_

City & State \_\_\_\_\_ Zip Code \_\_\_\_\_

By signing of the application, I, for myself, my executors, administrators and assigns, do hereby discharge and release Southern Health Alternatives, INC and all cooperating businesses and organizations from all claims of damages and/or actions whatsoever, in any manner arising or growing from my participation or that of my child in this event. I also give my full permission to use my name, photograph or video image in connection with this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature (if under 18) \_\_\_\_\_ Date \_\_\_\_\_