5k Run / 1 Mile Walk

Saturday, June19, 2010

7:00 - 8:00 AM Registration
8:00 AM - 5k Run Begins
8:15 AM - 1 Mile Walk Begins

Event Begins & Ends at The Home Depot / Costco Parking Lot - Corner of Peachtree Dunwoody & Mt. Vernon Road

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I Wish to Enter: q 5k Run q 1 Mile Walk q Phantom Runner *($15 donation)*
(check one)
Before June 2: $20 Individual Walker/Runner • $50 Family of 4 (each must register)
After June 2: $25 Individual Walker/Runner • $60 Family of 4 (each must register)

I Am:			Select T-Shirt Size:		
			Youth	Adult	
q Female	q Under 10 yrs	q 30-39 yrs	q S	q S	q XL
q Male	q 10-14 yrs	q 40-49 yrs	q M	q M	q XXL
q A Prostate Cancer Survivor	q 15-19 yrs	q 50-59 yrs	q L	q L	*(Add $2)*
	q 20-29 yrs	q 60-70 yrs			
		q Over 70 yrs			

Please print all information below in a clear, legible manner.

Name: _____

Address: _____

City: _____ ST _____ ZIP _____

Phone: _____ Email: _____

Great Race Prizes!

- All participants under 10 years of age will receive a medal
- Medals awarded for top male/female in all age groups
- Trophies to top male/female overall
- Trophy to Masters Winners (M/F over 40)
- T-shirts for all pre-registered participants *(including Phantom)*
- Additional t-shirts distributed until gone

Event & Location Information

- Bib numbers may be picked up the morning of the race starting at 7:00 AM
- Run begins at 8:00 AM / Walk at 8:15 AM
- Event begins & ends at The Home Depot / Costco parking lot - corner of Peachtree Dunwoody & Mt. Vernon Rd.
- T-shirts will be distributed after the race
- Enjoy post-race goodies provided by our generous sponsors

Mail To 4
Men's Health & Wellness Center
#1 Glenlake Parkway
Suite 700
Sandy Springs, GA 30328

Checks payable to: Men's Health & Wellness Center, Inc.
To use your credit card or register online, visit:
www.MensHealthandWellness.org
www.active.com (RUN-4-DAD)

All proceeds benefit prostate cancer research and local prostate cancer support groups of the Men's Health & Wellness Center, a 501(c)(3) nonprofit organization. We provide support for men and their partners before, during and after a health crisis.

Special thanks to Honorary Event Chairman:
John Dewberry

RACE WAIVER: I know that participating in a run/walk event is a potentially hazardous activity. By my signature, I waive all claims for myself and my heirs against Men's Health & Wellness Center, Inc., Race Officials, Sponsors and Volunteers of the 2010 Run4Dad 5k Run/1Mile Walk event for injury or illness which may directly or indirectly result from participation in this event. I also give permission for the use of my name and/or picture/video in any account of this event. If I allow a minor under 18 years of age to participate in this event in any way I authorize and release all liabilities as above guaranteed by my signature below.

Signature _____ Date: _____

Rev: 04/13/10