

Weightwatchers Walk -It Day 5K

5K Walk (or Run)

Course: 5K Certified Course around
Palmetto Circle at YMCA.

Start Time: 7:35am.

One Mile Walk/Run

Course: 1 mile walk/run course around
YMCA on Palmetto Circle.

Start Time: 7:35am.

T-shirts: Guaranteed for all pre-
registered participants.

Cost:

\$10 Youth under 14
\$15 5K or 1 mile Adult
\$25 Couple
\$40 Family (immediate family)

(all prices increase after 5/31 \$5.00)

The events are NOT scored
but a clock will be posted for
all finishers!

Registration & packet pick-up:

May 28th-June 5th

The Runner's Edge
3195 N. Federal Hwy.
Boca Raton, FL

Running Wild
1133 N. Federal Hwy.
Ft. Lauderdale, FL

Register online:
www.runsignup.com
Race info (561) 361-1950
Tvladimir@aol.com

Amenities: T-shirts guaranteed to all
participants. There will be a
bounce house for the kids,
food, refreshments and fruit
after the event.

Location: YMCA of Boca Raton.
6631 Palmetto Circle South
Boca Raton, FL 33433

From I-95 take Palmetto Park Road West
2 miles to Toledo Rd. Right on Toledo, left
on Palmetto Circle South

Thank you to our sponsors:



proceeds to benefit



Come join us at the YMCA of South Palm
Beach County where we have contributed
to the lives of hundreds of thousands of
boys and girls, and men and women of all
ages, races, religions and economic back-
grounds. We are a non-profit organization
with the unique opportunity to touch the
lives of infants through seniors throughout
our South Florida community.

At the YMCA we build strong kids, strong
families and strong communities by offering
a multitude of programs, classes and



Building a healthy lifestyle in our
community thru fitness & education

**All participants will receive \$20
gift certificate to Runner's Edge
towards a new pair of shoes!**

WeightWatchers®
WALK-IT CHALLENGE
2010

5K Walk/Run
& 1 Mile Walk/Run

Sunday,
June 6th
7:35am

YMCA of Boca Raton



WeightWatchers®
WALK-IT CHALLENGE
2010
June 6th, 2010

3195 N. Federal Hwy.
 Boca Raton, FL 33431



Presort Standard
 U.S. Postage
 PAID
 Boca Raton, FL
 Permit No. 1767

Checks Payable to: Runner's Edge Foundation
 3195 N. Federal Hwy, Boca Raton, FL 33431
ENTRY FORM \$10 Youth under 14, \$15 5K/mile
 \$25 Couple, \$40 Family.

Last Name _____ First Name _____

Address: _____

City _____ State _____ Zip _____

Telephone _____ Email _____

Age Sex M F

Shift Size YL S M L XL

5K 1 Mile

Waiver of Liability-Read Carefully

I know that running/walking a road race is a potentially hazardous activity. I should not enter and walk/run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the Run/Walk. I assume all risks associated with running/walking in this event including but not limited to falls, contact with other participants, the effect of the weather, traffic and the conditions of the road, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration for you accepting my entry, I for myself, and any entitled to act on my behalf, waive, release and hold harmless the Runners Edge Foundation, Weight Watchers, YMCA, all sponsors, their representatives, and their affiliates from any and all claims or liabilities of any kind arising out of my participation in the event. I grant permission to use any photographs, recordings or any record of this event for any legitimate commercial purpose.

Signature(under 18, parent signature) _____ Emergency Contact # _____