



FLOWER POWER 5K RUN/WALK AND KIDS' 1K FUN RUN

Saturday, Oct. 1, 2016

Mission County Pavilions,
6030 Padre Dr., San Antonio, TX 78214

Presented by the Institute for Women's Health

Starting Times

8 a.m.: Registration Opens
9:15 a.m.: Kids' 1K Fun Run
9:30 a.m.: Flower Power 5K
Noon: Post-Race Party Ends

Course

The race will start and end at the River Walk Entrance by Mission County Pavilions. Participants will enjoy a beautiful 3.2 mile run along the San Antonio River.

Entry Fees

5K - Adults - chip timed

\$25 through August 15, \$35 after August 15
\$40 on race day (shirts not guaranteed)

5K - Children - chip timed (14 & under)

\$20 (shirts not guaranteed if registered on race day)

Kids' 1K Fun Run (not chip timed)

\$10 - registration before Sept. 1 includes t-shirt

Age Groups and Awards

Overall 1st place male & female; Top three finishers for each gender in the following age groups: 1-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69; 70+ All Kids' 1K Fun Run participants receive a medal.

2016 Beneficiary

Impact San Antonio was founded in 2004 as a women's giving circle. Since the first grant was awarded in 2005, the organization has given more than \$1.7 M to San Antonio area non-profits.

About Institute for Women's Health

The Institute for Women's Health is San Antonio's premiere OB/GYN practice. In 2013, IFWH launched their first 5K annual fundraiser with the intention of giving back to the San Antonio community. Proceeds from the 5K are distributed to a deserving local charity each year.

Registration Form

Complete this form for each participant or register online at www.ifwh5k.com

Name: _____ Gender: Male Female (CIRCLE ONE)
FIRST NAME LAST NAME

Event: 5k Run/Walk 1K Kids' Fun Run (CIRCLE ONE) Date of Birth: _____ Age on 10.1.16: _____
MM/DD/YYYY

Address: _____
STREET CITY STATE ZIP CODE

Phone #: _____ E-Mail Address: _____

T-Shirt Size (CIRCLE ONE): Youth: S M L Men's: S M L XL XXL Women's: S M L XL XXL

Emergency Name: _____ Emergency Phone #: _____

Signature: _____ Date: _____
PARENT OR GUARDIAN IF UNDER 18

To complete your registration, mail this completed form for all participants and a check (made payable to Flower Power 5K Institute for Women's Health to: Institute for Women's Health, 1355 Central Parkway South, Ste. 400, San Antonio, TX 78232

RELEASE AND INDEMNIFICATION- READ BEFORE SIGNING: The signing of this entry form and the participation in the Flower Power 5k Fun Run/Walk presented by the Institute For Women's Health is with full knowledge of the risks involved therein and the undersigned individually and/or as parent or guardian assumes the risk of an injury, sickness or health defect including death, resulting from or receiving during participation in the races, and further releases and agrees to save harmless the Flower Power 5k Fun Run/Walk and Institute for Women's Health, its committees, sponsoring and assisting agencies and individuals from any liability, damage, claim or judgment that may result from or arise out of the participation of the participant in this race. I grant permission to be photographed, videotaped and recorded for all media usage. I understand that the entry fee for this event is non-refundable.