AWARDS!

1st - 3rd will awarded for:

Overall Females

Overall Males

Overall Females per Age Group

Overall Male per Age Group

Age Groups:

12 & Under

13 - 19

20 - 29

30 - 39

40 - 49

50 - 59

60 - 69

70 - 75

75+

School Spirit Award

Presented to the School Team with the most runners!

If you are interested in running as a part of a School Team, please contact us for the School Run Registration information.



What else can you do to help Family Services support victims and survivors of domestic violence and sexual assault?

- Donate used clothing, furniture and other items to our Outreach Thrift Stores
 - Fabulous Finds
 East Court Street,
 Marion
 (828) 652-4843
 - Fabulous Finds and Gifts
 Rutherford Road, Marion
 (828) 659-6280
- Donate monetarily on a onetime, monthly, or yearly basis
- Donate your time as a volunteer
- Donate food items for our food pantry

Mail Registrations To:
Family Services of McDowell
County, Inc.
P.O. Box 1572
Marion, NC 28752

Phone: 828.652.8538 Fax: 828.659.1456 http://www.familyservicesofmcdowell.org



Family Services of McDowell County, Inc.

Presents:

The 5th Annual

No Excuse for Abuse 5K

Saturday May 30th, 2015



"We run so they don't have to!"

FAMILY SERVICES OF MCDOWELL COUNTY, INC.

Family Services of McDowell County, Inc. is a Nonprofit 501(c)(3) Domestic Violence and Sexual Assault Agency.

We began serving victims and survivors over 30 years ago in 1983. Since then, we have provided services **free** of charge to those fleeing violent and abusive situations.

Some of our services include:

- Emergency Shelter
- Assistance with Domestic Violence Protective Orders (Restraining Orders)
- Court Advocacy
- Case Management
- 24-Hour Crisis Line
- Support Groups
- Clothing Vouchers
- Legal Referrals
- Community Education
- And more!

We believe our services are vital to our community, because they provide an opportunity for victims and survivors to receive the help they need to escape the dangerous situations they are in. They also promote awareness and education that can help reduce violence in families and relationships within our community.

To continue serving our community, we rely heavily on donations and community support. By participating in this event, you are providing us with the support we rely on – **THANK YOU!**

RACE DAY SCHEDULE

<u>Saturday May 30th, 2014</u> McDowell County Court House Lawn, Marion, NC

7:30am – 8:30am Registration 9:00am Race Begins Followed by Awards Ceremony

Professional Timing Provided By:



*Race Packet Pickup for Early Registration Runners will be May 29th from 9:00am – 5:00pm. Call (828) 652-6150 for more information on picking up your Race Packet at our Shelter Office location!



RACE ROUTE

Our runner-friendly route is great for runners (and walkers) of all ages! Jogging strollers are welcome.

You can check out the route in more detail at: http://www.usatf.org/routes/view.asp?rID=536659

RUNNER REGISTRATION

Name:					
Addres	s:				
City:		Zip:		St:	
Phone:					
Email:					
Date of	f Birth:	Δ	ge on 5/	30: M /	F
T-Shirt	Size (Adult S	izes Only/Guarant			
⊓S	- M	пL		□XXL	
*F0	or Mail-In R	egistrations s	ee back	of brochure.	
		Entry Fe	ees		
		Before 5/	<u>15</u>	<u> After 5/15</u>	
Runner Fee		\$20	\$20		
Waiver	: In submittii	ng this entry, I,	intendina	to be legally	
		executors, and			
		discharge any		-	the
I may ho	ave or that h	ereafter accrue	to me ag	ainst Family	
Services	of McDowel	l County, Inc. a	nd its offi	cers, trustees,	
employe	es, successo	r, and/or assigi	ns, the eve	ent sponsors, ar	nd
event vo	olunteers for	any and all inj	uries suffe	ered by me and	m
family a	it this event	, while travelin	ng to and f	rom the No Exc	us
for Abus	se 5K or whil	e participating	in the eve	nt. I attest and	l
verify th	hat I am phys	sically fit and su	ufficiently	trained for the	?

All checks should be payable to: Family Services of McDowell County, Inc.

(Note: Parent or Guardian must sign if participant is under 18)

Emergency Contact Name and Phone Number:

competition of this event.

Signed: