

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 one-time, 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!"*

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