



FAMILY GUIDANCE CENTER
OF ALABAMA

Big Brothers Big Sisters Program

"Our work is as elementary as putting a friend in a child's life, and as essential as putting hope into a child's future."

As part of its 51 years of service to families, Family Guidance Center of Alabama has provided youth mentoring for children in Montgomery, Autauga, Macon, Elmore, and Pike counties since 1992. Our program is a full affiliate member of Big Brothers Big Sisters of America (BBBSA), the acknowledged leader in youth mentoring.

BBBS serves children, 5-14 years of age, primarily from single parent families, who are in need of additional adult caring and attention. If you have a few hours a month to spend with a child, please contact us about becoming a Big Brother or Big Sister. We have many, wonderful children and youth waiting for a mentor.

FAMILY FITNESS WALK/RUN '10 SPONSORS

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334.270.4100 www.familyguidancecenter.org



Family Guidance Center of Alabama
2358 Fairlane Drive
Montgomery, Alabama 36116



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Big Brothers Big Sisters



THE SHOPPES at EastChase

Family Fitness Walk/Run '10

Saturday, September 11, 2010



The Shoppes at EastChase
Montgomery, Alabama

5K Walk/Run

10K Walk/Run

No-Cost Child Care

"Boot Camp" Warm-up
Post-Run Party

JOIN US!

Join us for fun, prizes, and a party! 5K & 10K Walk/Run, free child care, pre-run "Boot Camp" warm-up, and a post-run party.

When Saturday, Sept. 11, 2010
Registration starts at 6:30 AM
Opening Ceremony at 7:30 AM
Pre-Run Warm-Up starts at 7:45 AM
Walk/Run starts at 8:00 AM

Where The Shoppes at EastChase,
7274 East Chase Parkway,
Montgomery, AL
(Exit #9 off I-85, south on Taylor
Road, turn left into EastChase)

Registration (non-refundable) Early registrations accepted through Friday, September 4, 2010. You can mail us the attached registration form or register on-line at www.active.com.

Early Registration (5K or 10K)
Adult (19+) \$20.00
Youth (11-18) \$15.00
10 and under \$10.00
*Virtual Runner \$20.00

Day of race registration starts at 6:30 AM at Race Central at The Shoppes at EastChase.

Adult (19+) \$25.00
Youth (11-18) \$20.00
10 and under \$15.00
*Virtual Runner \$20.00

*Virtual Runners can enjoy sleeping in on race day and still support Big Brothers Big Sisters! A T-shirt and a Meal Ticket to the Post-Run Party are reserved for you.

All runners/walkers should check-in at Race Central at The Shoppes at EastChase the morning of the event.

****Thunderstorms cancel the event****

****The courses will close at 10:30 AM****



Awards for 5K and 10K

Winners' names will be posted and awards will be available at Race Central. The Top Male and Top Female Overall winners will receive \$125.00 gift certificates to Academy Sports. A wide range of age group winners will receive medals.

Child Care

Children 10 and under can enjoy the free, indoor child care area from 7:30 AM until 10:30 AM. Parents must drop-off and pick up their child in-person. Child care is supervised by early child care professionals.

Pre-Run Warm-Up

"Boot Camp" stretching and warm-up exercise is offered by Fit 4 Christ and will start at 7:45 AM at the EastChase fountain.

The Course

The River Region Running Club is designing the marked 5K and 10K courses to include scenic portions of EastChase and surrounding neighborhoods. Water stations will be placed along the course. Course monitors help guide your way. Restrooms are located at Race Central in EastChase.

Post Run Party (and Shopping and Car Show!)

After the Walk/Run, join us for the Post-Run Party at Race Central at EastChase. Lunch will be provided to all 5K, 10K, and Virtual registrants. Guests are invited to purchase a Meal Ticket for \$5.00. Also, be sure to enjoy all the wonderful shopping at The Shoppes at EastChase after the race (theshoppesateastchase.com), and don't miss the 3rd Annual Open Car & Truck Show with their \$1,000 Money Tree, 9am-3pm, at EastChase (www.capitolcitycorvettes.com).

Massages

Zink Chiropractic will provide complimentary, post-run massages for walkers and runners at Race Central.

T-Shirts

All registrants receive an event T-shirt. Those who pre-register by September 4th for the 5K, 10K or Virtual Run will receive a T-shirt on race day. Day-of-event registrants can pick up a T-shirt in the days following the event.

ENTRY FORM

Return to:
Big Brothers Big Sisters Family Fitness Walk/Run 2010
Family Guidance Center of Alabama
2358 Fairlane Drive | Montgomery, Alabama 36116 | 334-270-4100

One form per person, please. Print clearly.

Last Name _____ First Name _____

Address _____

City _____ St. _____ Zip _____ Telephone _____

Email _____

Age on 9-11-10 _____ Birth date _____

Participating in the (check one): 5K 10K Virtual Run

Gender: Male Female

I will need free child care for _____ children.

T-shirt size for 5K, 10K, or Virtual Run (check one):

Youth M Adult S M L XL 2X 3X

All registrants for the 5K, 10K, or Virtual Run are invited to attend the Post-Run Party. You can purchase meal tickets for your guests at \$5.00 per ticket.

Enclosed is

\$ _____ Registration for the Walk/Run and the Meal.

\$ _____ To cover _____ Guest Meal Tickets (\$5.00 each)

\$ _____ Total Enclosed (payable to Big Brothers Big Sisters Program)

Waiver

In consideration of the acceptance of this entry, I, on behalf of myself, my personal representatives, beneficiaries and heirs, waive, release, and discharge any and all rights and claims which I may have or which may hereafter accrue to me or my estate, against Family Guidance Center of Alabama, The Shoppes at EastChase, the sponsors, and all parties who are putting on this event as a result of injury or death suffered by me at this event or while traveling to and from this event. I knowingly assume all risk involved in this event. This release is to be as broadly interpreted as possible under Alabama Law.

Participant Signature _____ Date _____

Parent/Guardian Signature (for participants under 19) _____ Date _____