

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Age \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

First Time Runner

Runner  Walker

*Pre-Registration by May 31: \$12.00*

*Registration after June 1: \$15.00*

Checks Payable to:

*Women's Fitness Studio & Spa*

I understand that running a road race is a potentially hazardous activity. I further understand that I should not enter the road race unless I am medically able and properly trained. I agree to abide by any decision of the race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or humidity, traffic conditions of the road, all such risks being understood and appreciated by me. Having read this waiver and understanding these facts, and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, wave and release, 5K Sports Road Runners Club, Women's Fitness Studio and all sponsors, their representatives and successors from any claims or liabilities or causes of action of any kind arising out of my participation in this event. I give full permission to use my likeness in all media, photo, recording, or other record of this event for any legitimate purpose. **Special Notes:** Traffic control volunteers will be on the course, but all roads will be open to traffic.

Signature \_\_\_\_\_

Parental Signature \_\_\_\_\_

(if under 18) Date: \_\_\_\_\_

## Gold & Ruby Star Sponsors

HOLLAND CHIROPRACTIC WELLNESS CENTER



"Inspiring Health and Wellness"

[www.hollandchiropracticcenter.com](http://www.hollandchiropracticcenter.com)



**SIMPLY SUSIES  
CATERING**

**J.H. FRENCH PRINTING**



### Race Features

- Fast, Flat, Maine certified 5K course
- Awards and post race raffle
- Shower Facilities available
- Finish Timing by 5k Sports
- Full results published
- Post Race refreshments

*Women's Fitness  
Studio & Spa  
21 Stanwood Street  
Brunswick, ME  
Presents.....*

WOMEN ON THE MOVE



**5K Road Race**  
Run ~ Walk ~ Crawl

**Saturday  
June 14, 2008  
9:00 AM**

[womensfitnessstudio.org](http://womensfitnessstudio.org)

# Ready, Set...GO!

## The Event:

The annual "*Women on the Move*" 5K

Road Race, *hosted by Women's Fitness*

*Studio & Spa* draws women of all ages and fitness levels; walkers as well as runners are welcome! This year's event will benefit the American Heart Association's Go Red for Women campaign. Go Red for Women is a national movement founded by the American Heart Association to help fight back against the No. 1 killer of American women.

## Race Day Agenda:

Registration: 7:15 AM to 8:15 AM  
Walk Starts: 8:30 AM  
Race Starts: 9:00 AM  
Awards Ceremony: 10:15 AM (approx.)

## Directions to WFS & Spa:

- Take I-95 to Brunswick Exit 28.  
Go to 3rd traffic light.
- Turn right on Stanwood Street at Laundromat. Women's Fitness Studio & Spa on the left.
- Phone ~ 729-5544

## Runners' Awards:

- Open Overall 1st, 2nd, 3rd
- Master's Division 1st, 2nd, 3rd
- First Time Runners 1st, 2nd, 3rd

## Age Group Awards:

- |       |               |
|-------|---------------|
| 10-19 | 1st, 2nd, 3rd |
| 20-29 | 1st, 2nd, 3rd |
| 30-39 | 1st, 2nd, 3rd |
| 40-49 | 1st, 2nd, 3rd |
| 50-59 | 1st, 2nd, 3rd |
| 60 +  | 1st, 2nd, 3rd |