



Forward in Health's 3rd Annual 5K Race and 1 Mile Family Walk

Supported by Heywood Hospital
Start and Finish at Mount Wachusett Community College
Green St.
Gardner, Ma.

Entry fees:

5K Runners:

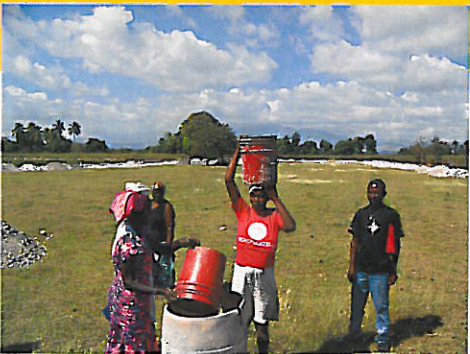
- \$20 for adult
- \$10 for students

1 Mile Walkers

- \$10 per person
- \$20 for family of 2 or more

- Water, juice, and snacks to be provided
- Option to have family and friends sponsor you and raise additional money

FORWARD IN HEALTH – Dr. John and Paula Mulqueen's mission to bring a permanent medical facility to Haiti and to provide "Health care for Today, Tomorrow, and for a Lifetime"



Date: October 19, 2008

Start Time: 1 PM

**Pre-register by: October 10, 2008
to receive a race shirt**

Prizes

Choice of Authentic Haitian
Artisan for
First overall male and
female runners and for age
groups:

- Under 19 years Old
- 20-39 Years Old
- 40-49 Years Old
- Over 50 Years Old

Free T-Shirt for
all
Pre-registered
Runners and
Adult Walkers



Entry fees: Make checks payable to Forward in Health with "5K race" in the memo

**5K Runners:
\$20 per adult
\$10 per student**

**1 Mile Walkers
\$10 per person
\$20 for family of 2 or more**

Forward in Health encourages, but does NOT require, runners and walkers to seek out sponsors. By asking your friends, family, co-workers, and neighbors to make donations in support of your participation in the Forward in Health Road Race/Walk you can get us closer to our goal. Our goal is to raise funds for a permanent health care clinic in the Les Cayes area of Haiti and to provide ongoing health care for children, expectant mothers and adults. Money from the race will be used to drill a well for drinking water for the clinic and community. Help give the gift of health to the neediest today, tomorrow and for a lifetime.

(If a family walking please list all walkers)

Name(s) of runner or walker: I am Running Walking

Amount of Check: \$ _____

Mail Entry Form and check to:

Forward in Health

192 Lawrence St.

Gardner, Ma. 01440

(978) 632 - 7846

WWW.forwardinhealth.org

Address: _____

Phone number: _____

Runner/Walker is a

Male Female

Adult T-Shirt Size S M L XL (1 Per family)

Children who walk will receive a ghost lollipop

Forward in Health Waiver of Responsibility

I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the sponsors, coordinating groups, and any individuals associated with this event, their representatives, successors and assigns, and will hold them harmless for any and all injuries suffered in connection with this event. I attest that I am physically fit to compete in the Forward in Health Road Race. Further, I grant full permission to any and all of the foregoing to use my photographs, video tapes, motion pictures, recordings and/or any other records of this event for any legitimate purpose. I understand that pacing bicycles, skateboards, baby joggers or strollers, roller skates or blades and animals are not allowed in the race.

Signature _____ Date _____

(Parent or guardian if under 18 years old)

