

FEATURING

- Instant electronic results
- A fast, flat course
- New! – Corporate Team Award
- Online registration at www.active.com
- website information at www.raceforwomenshealth.com

RACE DAY ACTIVITIES

Include:

- music
- door prizes
- health information
- “Miss Road Manners”
- and all the fun of the Lewisburg Annual Art’s Festival with the Market Street Sidewalk Show and Sale!



COURSE RECORDS

Male: Bradley Wertz 15:24 (2001)
Female: Laurel Park 17:39 (2001)

10th Annual 5K Race for Women’s Health

Saturday, April 25, 2009

*Events benefit Family Planning Plus,
serving families in Union, Snyder,
Northumberland, Mifflin, and Juniata Counties*

No headphones, pets or baby buggies in race

*No refunds – official race director reserves the
right to reject any entry*

RRCA-insured

Family Planning Plus
4612 Westbranch
Highway
Lewisburg, PA 17837

Phone (570)523-3600

FAX (570)524-4197

www.raceforwomenshealth.com



HEALTHY CHOICES
FOR LIFE

RACE DAY EVENTS

5K Race

Race Start Time: 8:30 a.m.

Location: Lewisburg High School
at Market Street and Route 15
Lewisburg, PA (SE Corner of Rt.15 and Rt. 45)

2-Mile Walk

Start Time: 8:30 a.m.

Carrie's Kids Run

Age Groups: 1- 5 and 6- 8

Start Time: 9:15 a.m.

Race-Day Registration

Registration opens at 7:00 a.m.
\$22 - 5K Race and 2-Mile Walk
\$2 - Carrie's Kids Run

Pre-Registration

SAVE when you pre-register by April 24,
2009! \$20 (5K Race or 2-Mile Walk)

Online at www.active.com

By mail to:

Joel & Shelly Heasley :18 North Charles
Avenue Middleburg, PA 17842

Checks payable to: Family Planning Plus

New this year - Corporate Teams!

Waive registration fee by raising \$150 per
team member. See team sponsor sheet.






For More Information:

Visit us at www.raceforwomenshealth.com
or contact Shiloh Erdley at 570.713.4189 or
shiloherdley@yahoo.com

10th Annual 5K Race for Women's Health

Saturday, April 25th, 2009

5K Race Awards

-  Runners placing 1st, 2nd and 3rd in their age groups receive hand-painted trophy tiles.
-  "Betsey Reicherter Memorial Award" goes to the first male and female finishers.
-  "Carrie Midpack Award" is given to the runner in the middle of the pack.
-  "Cathy Ebright Rookie Award" goes to the fastest rookie.
-  **New for 2009!** "Women's Health Trophy" is given to the team raising the most funds to display for one year at their workplace.

For Rivertown Race Participants

Please complete the following:

- I've traveled ____ miles for this event.
- I stayed overnight at accommodations:
_____.
- I participate in this type of recreational activity ____ times per year.
- I usually spend \$_____ per day when I travel for this type of event.
- I suggest adding/deleting the following to this event for improvement.
_____.

Application release and indemnity form:

In consideration of the acceptance of this entry to the Race for Women's Health, I waive all claims for myself, my heirs and assigns against the sponsors, cooperating and coordinating groups, and any individual associated with the event and will hold them harmless for any and all injuries or illness which may result from my participation. I further state that I am in proper physical condition to participate in this race.

Signature: _____ Date: _____

Parent's signature required if walker/runner is less than 18 years of age.

REGISTRATION

* * MAXIMUM OF 300 PARTICIPANTS

3 Ways to Register:

- ✓ Register online at www.active.com
- ✓ Complete and mail this form
- ✓ Download application from website

Name: _____

Corporate Team Name: _____

(if entering as a team)

Address: _____

Age: ____ D.O.B _____ Sex: M F

E-mail: _____

Event entering:

- 5K
- 2-Mile Walk
- Carrie's Kids Run
 - Ages 1 to 5
 - Ages 6 to 8

T-Shirts!

Long sleeve, 100% cotton T-Shirts to the first
150 registered runners/walkers.

Shirt Size (adults only)

S M L XL

