



THE WOMEN'S CENTER

1723 Hemphill • Fort Worth, TX 76110



Saturday, April 10, 2010
Trinity Park Duck Pond, Fort Worth
www.womenscenterfc.org



Star-Telegram

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Saturday, April 10, 2010
1K Fun Run 8:00 am • 5K Walk/Run 8:30 am
Trinity Park Duck Pond in Fort Worth

Benefiting the Anti-Violence Programs of

THE WOMEN'S CENTER

2010 Event Sponsors

Corporate Champions

American Airlines
First American Payment Systems
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| AMERIGROUP Community Care | JPS Health Network– |
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| Janet and Glen Hahn | Pier 1 Imports |
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Special Thanks

| | | |
|-------------------------------------|-----------------------------|-------------------------|
| Albertsons | Frito-Lay | Ridgmar Farmers' Market |
| Alpha Chi Omega - TCU | Green's Produce | Ridgmar Mall |
| Anderson Trail Granola | Jim Gunter Audio & Video | Starbucks |
| Bimbo Bakeries USA/ Mrs. Baird's | Lärabar | SunOpta Foods |
| Cascadian Farms | MedStar EMS | Tarrant Area Food Bank |
| Central Market | Mondo Drummers | Texas Health Resources |
| Coca-Cola Bottling Co. of FW | Monticello Spring Water Co. | Rick Valentine |
| CW Post Video Production | Papa John's #602 | Willhoite's Restaurant |
| Farmer's Market Fort Worth, Inc. | Pizzeria Uno | Yofé Café |
| Fort Worth ISD | Pressman Printing, Inc. | Yogi's Bagel Café |

The Women's Center

The Women's Center is dedicated to improving the lives of women, men and children in our community. We serve 90,000 people annually through counseling, employment, adult literacy, and educational programs. Your involvement in this event will help survivors of rape, sexual abuse, domestic violence and other violent crimes heal emotionally and resume productive lives.



Be A Part of Victory Over Violence

1. Walk or Run as an Individual

2. Form a Team (minimum 5 members)

Form a team for some friendly competition! Winning teams will get community recognition and TROPHIES, too! Team registration deadline is March 29. Teams can register online at www.womenscentertc.org or use registration entry forms.

3. Raise Money

- **Create your own personal fundraising page.** Go to www.womenscentertc.org
- **Ask friends to sponsor you** and collect tax-deductible contributions to be turned in on race day April 10
- **Donate to The Women's Center** by giving a tax-deductible donation
- **Purchase or sell \$50 signs**, which are posted along the race route to show your support

4. Volunteer

For more information call 817-927-4006 or e-mail vov@womenscentertc.org

Registration

Registration Fees

On or before March 29 • \$15 Adults • \$7 Kids (17 & under)
After March 29 • \$18 Adults • \$10 Kids (17 & under)
Race Day • \$20 Adults • \$10 Kids (17 & under)

By Mail

Postmarked to The Women's Center by March 29
To print additional forms, visit www.womenscentertc.org

Drop off Forms Thru April 6

Luke's Locker – Montgomery Plaza 10:00 am - 7:00 pm
Or The Women's Center 9:00 am - 5:30 pm

Online Register In Person

www.womenscentertc.org (additional processing fee)
Wednesday, April 7 - Friday, April 9, 10:00 am - 7:00 pm
Luke's Locker – Montgomery Plaza
2600 W. 7th St., Fort Worth, 76107

Race Day

Trinity Park, April 10, Starting at 7:00 am
Must be registered 20 minutes before race.

Note: All team members must be registered by March 29.

Packet Pick Up

Individuals/Teams

Wednesday, April 7 - Friday, April 9, 10:00 am - 7:00 pm
Luke's Locker – Montgomery Plaza
2600 W. 7th St., Fort Worth 76107

Teams Only

Saturday, April 3, Noon - 4:00 pm; Monday, April 5 and Tuesday, April 6, 9:00 am - 5:30 pm at the Women's Center, 1723 Hemphill, Fort Worth 76110.

Race Day

Beginning at 7:00 am, Trinity Park Duck Pond
T-shirts and packets subject to availability.

More Info?

Call 817-927-4006 or www.womenscentertc.org

Information

When

Saturday, April 10, 2010. Event held rain or shine.

Where

Trinity Park Duck Pond, Trinity Park Road near 7th St., Fort Worth, TX

Schedule

| | |
|--------------|-------------------------------|
| Registration | Starting at 7:00 am* |
| Warm-Ups | 7:30-7:45 am and 8:00-8:15 am |
| 1K Fun Run | 8:00 am |
| 5K Walk/Run | 8:30 am |
| Awards Party | 9:30 am |

*Must be registered 20 minutes prior to start time.

Timing

The 5K race is timed using the ChronoTrack timing system. In order to receive the timing tag, you must register "5K Timed" for your event.

Course

1K Fun Run and a 5K USATF certified walk/run through Trinity Park. Please no bikes, pets, rollerblades or strollers in the 5K. Strollers allowed in 1K Fun Run.

Parking

East parking lots of Farrington Field, 1501 N. University, 76107, or in the 7th Street vicinity.

Prizes & Awards

Prizes For Top Money Raisers

Grand Prize: Two American Airlines tickets

1st Prize: \$300 Luke's Locker Gift Card

2nd Prize: 19" LCD TV

3rd Prize: \$150 Ridgmar Mall Shopping Spree

Drawing Prize: For every \$100 you raise your name will be entered into a drawing for American Airlines tickets. (Grand Prize winner not eligible)

Incentives: Prizes awarded at \$100, \$250, and \$500 fundraising levels.

Team Captain Prize

Form a team of ten or more and get your name in a drawing for a \$100 Ridgmar Mall Shopping Spree.

Team Trophies

Trophies will be awarded to the three fastest teams, the three teams raising the most money, the three largest teams, and the three largest youth teams.

Runner Prizes

Luke's Locker gift cards to the overall top three male and female finishers: 1st (\$100), 2nd (\$75), 3rd (\$50) and overall masters (age 40+) male and female finishers (\$50), based on race start time.

Runner Trophies

The top three individual male & female 5K-timed runners (ChronoTrack time) in 16 age categories: 1-8, 9-10, 11-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.

Ribbons

All kids receive a participant ribbon.

Door Prizes

All walkers/runners eligible.

Race results will be available at www.womenscentertc.org

ENTRY FORM

(Must be filled out completely. Please print.)

Race #

T-Shirt Size: M L XL XXL Kids S M L

Event: 5K Timed (will be assigned a timing tag)

5K (No timing tag assigned) 1K Fun Run

Age: _____ As of 4/10/2010 / Sex: Male Female

Last Name

First Name

Address _____

City _____ State _____ Zip _____

Day Phone _____ Mobile _____

E-mail _____

I want to participate as an individual.

I am on a team.

Team Name: _____

Team Captain: _____

(Team Registrations should be submitted together and turned in by March 29.)

I am unable to participate but have enclosed a tax deductible donation.

Waiver

Please read carefully and sign.

I recognize that my personal medical condition, the weather, traffic, road conditions, contact with other runners or other conditions may make participating in this walk/run hazardous. Knowing this, I hereby release and hold harmless The Women's Center, City of Fort Worth and Tarrant Regional Water District, their respective officers, directors, employees, agents, sponsors, representatives and successors, from and against any claims related in any way to my participation in this event. I intend this release to cover all claims, even if a claim may arise out of negligence on the part of persons named in this waiver. Further, I grant The Women's Center permission to use my photograph or videotape of my participation in this event for any legitimate purpose. The race will be held regardless of weather conditions. Registration is final. There are no refunds.

Signature _____ Date _____

(Parent or guardian if under 18)

Amount Enclosed

Adults

(\$15 on or before March 29 / \$18 after March 29 / \$20 Race Day)

Kids (17 & Under)

(\$7 on or before March 29 / \$10 after March 29 / \$10 Race Day)

Tax-Deductible Donation

Total Amount Enclosed

MC Visa Amex

Credit Card#

Expiration Date

Signature

Mail checks payable to: **The Women's Center - VOV**
1723 Hemphill • Fort Worth, TX 76110-1516
Phone: 817-927-4006 • www.womenscentertc.org