



15th Annual 5K Run/Walk

The Ivy Community Charities of Prince George's County, Inc.
in Collaboration with the

Iota Gamma Omega Chapter of
Alpha Kappa Alpha Sorority, Inc.

"For the Health of It"

Date: Saturday, September 25, 2010

Time: 9:00 AM (Warm-up 8:45 AM)

Place: Watkins Regional Park
Upper Marlboro, MD 20774

"NEW" Activity:
Line Dance Clinic
For Non-Runners/Walkers

Register online @ www.iccpgc.org (+ service fee)

\$35 if you register before September 11, 2010

\$40 September 12, 2010 through day of event

\$15 Grade 7-12 registration-Youth

\$10 Grade K-6 registration-Children



Post-Race Refreshments & Mini Health Fair

✓ Certified Fast Flat Course ✓ T-Shirts for all registered individuals

✓ Awards: Adult-Youth-Children-Family-Team (Minimum 5 members) ✓ 4 Community Service Credits

The Ivy Community Charities of Prince George's County, Inc. is a 501 (c) 3 non profit organization. A copy of the current financial statement is available upon request by contacting The Ivy Community Charities (301) 390-3868 or P.O. Box 7709, Upper Marlboro, Maryland 20792-7709. Documents and information submitted to the State of Maryland under the Maryland Charitable Solicitations Act are available from the Office of the Secretary of State, State House, Annapolis, MD 21401 for the cost of copying and postage. Maryland Solicitation Only

Recipients

All Shades of Pink American Diabetes Association American Heart Association National Kidney Foundation National Marrow Donor Program

Ivy Community Charities 5K Run/Walk For the Health of It

Please Check one: 5K Run (\$35)* 5K Walk (\$35)* Line Dance Clinic (\$35) Youth (\$15) Child (\$10)
 Business (\$300) Member CEO (\$250)

*After September 12, Entry Fee: \$40. Make **tax-deductible** checks payable to Ivy Community Charities. Mail to Ivy Community Charities, 5K Run/Walk For the Health of It, P.O. Box 7709, Upper Marlboro, MD 20792-7709 or register online @ www.iccpgc.org
Questions: Contact Sandee 301-249-4540, icc5krunwalk@gmail.com

First Name: _____ Last Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Sex M F Check one: Shirt Size: Child S M Adult S M L XL XXL XXXL

Liability Waiver must be signed before mailing. Please read carefully!

I know that running/walking a road race is a potentially hazardous activity and that I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers of The Ivy Community Charities of Prince George's County, Inc., 5K Run/Walk for the Health of It, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature required by parent or guardian if under 18: _____ Date: _____

Team Name: _____ Team Captain: _____

I would like to donate to this great cause: Donation \$ _____

Solicited by ICC/AKA Member: _____
(If applicable) (Name)



Promoting First Lady Michelle Obama's Initiative on Childhood Obesity-"Let's Move!"