



2017  
**Health & Wellness**  
 Day 5k & Walk

**Saturday  
 October 7th**

*Starts at  
 Coffee Regional  
 Medical Center*

*Proceeds to Benefit Cardiac  
 Rehab Scholarship*

**Advanced Registration deadline Wednesday, October 4th at 11:59pm**

Early Packet Pickup on Friday, October 6th 1:00pm– 8:00pm at the Wellness Center!

5k-Run 7:45am — 1.5 Mile Walk 7:55am

**\$100 Gift Cards - Overall Male and Female Runner Prizes for 5K**

**Sponsored by Beta Sigma Phi– Alpha Theta Chapter**

**Wear pink, have fun, and support those affected by cancer! Build Your Team!**

- 5k Medals for 5 year age divisions for both MALE and FEMALE
- Refreshments, T-Shirts, Door Prizes, and Photo opportunities!

Print/mail registration: [www.coffeeregional.org/wellness-center/events](http://www.coffeeregional.org/wellness-center/events)

<https://runsignup.com/Race/GA/Douglas/HealthWellness5kWalk>



First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

DOB: \_\_\_/\_\_\_/\_\_\_ AGE: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Cell: \_\_\_\_\_ Shirt Size \_\_\_\_\_

Make Checks Payable to: **CRMC Cardiac Rehab Scholarship.**

Mail to: **CRMC Wellness Center, 200 Doctors Drive, Suite 222, Douglas, GA 31533.**

In consideration of this entry, I waive all claims for myself and my heirs against any and all officials or sponsors of the 2017 Health & Wellness Day Run/Events for injury or illness which may directly or indirectly result from my participation. I further state that I am in proper physical condition to participate in the event and/or activities.

\_\_\_\_\_  
 Participant Signature or Legal guardian of Youth under age of 18 Date

**Advanced Registration Only**

\_\_\_\_\_ 5k Run \$20.00

\_\_\_\_\_ 1.5 Mile Walker \$12.00

\_\_\_\_\_ 2 XL Shirt add \$2.00

\_\_\_\_\_ 3 XL shirt add \$3.00

\_\_\_\_\_ \$ Tax Deductible Donation

**Late Registration**

**October 5th –7th** will be an additional \$5.00