



Fitness, Tanning & Aerobics
"Expect The Very Best"
www.1614fitness.com

Family 5K/Pump & Run
Benefits the B+ Foundation
May 15, 2010

9:00am-11:00am Lifting for Pump & Run
10:30am Walkers (strollers welcome), Wheelchair 5K
11:30am Runners start 5K

Location: 1614 Fitness, Tanning and Aerobics in Newark 318 S. College Ave.
Awards: First, Second and Third for each age category, Overall Men's and Women's and Overall Men's and Women's for Pump & Run.

Benefits: **The B+ Foundation** (www.bepositive.org)

Course: Wheel measured by Doug White. Flat and fast.

Amenities: Festival atmosphere with live music, face painting, vendors, t-shirts and prizes.

Entry Fee: Pre-registration \$20 (until May 7th), \$25 race day

Payment: Write checks to "The B+ Foundation"

Mail entry: 1614 Fitness
318 S. College
Newark, De. 19711

Contact: Mike Womer – mwomer@comcast.net / 738-1614

**** Stay Savannah Strong! ****

Name:

Telephone:

E-mail:

Age:

Gender:

Weight (For Pump & Run to be filled out day of event):

Number of Reps (For Pump & Run to be filled out day of event):

T-shirt size:

Signature:

Pump & Run 5K Walk/Wheelchair 5K Run

Release

In consideration of this entry being accepted, I intending to be legally bound, hereby for myself, my heirs, executors, administrators, waive and release any and all rights I may have against the organization holding this event, its agents, representatives, successors and assigns for any and all injuries suffered by me at said race.

No refunds-the race director reserves the right to reject any entry