



FAMILY COUNSELING CENTER, INC.

Helping others reach their full potential...

5th Annual 10K/5K Reaching for the Rainbow

WHEN: Friday, March 15th, 2019

WHERE: Registration at Vienna City Park— Run/Walk course will be on the Tunnel Hill State Trail

TIME: Registration at 4:45 p.m. — Fun Run 5:30 p.m.— 10K, 5K Run, & 5K Walkers 6:00 p.m.

ENTRY FEES:

- 10K Run registration fee - \$30
- 5K Run/Walk registration fee- \$25
- Fun Run- \$10 (pre-register by March 4th to be guaranteed participation ribbon)
- Proceeds benefit Family Counseling Center, Inc.

REGISTRATION:

- Registration forms & online payment available at: www.fccinonline.org
- Mail completed form to: Family Counseling Center, Inc. PO Box 1328, Vienna, IL 62995
- Make checks payable to Family Counseling Center, Inc.
- Contact Stephanie at 658-3079 for additional information or questions

RACE DAY SHIRTS:

- Shirts are guaranteed to everyone who pre-registers for the 10K, 5K Run/Walk, & Fun Run by March 4th.

AWARDS:

- Top overall male and female 10K, 5K Run, & 5K walk finishers (trophy)
- Top overall male and female 10K & 5K runners in each age group (medal):
<19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Make checks payable to Family Counseling Center, Inc. Mail check and entry form to FCC, PO Box 1328, Vienna, IL 62995.

Name: _____

Address: _____

Phone: _____ Email: _____

Race (circle one): 10K Run 5K Run 5K Walk Fun Run

Age: _____ **Sex:** Male or Female **Shirt Size:** Youth- S M L

Adult- S M L XL XXL XXXL

Waiver: I have signed this entry from intending to be legally bound, hereby to myself, my heirs, executors, and administrators and release any and all rights and claims for damages I might have against the organizers of this race and officials and other sponsors of this event and their representatives for any and all injuries suffered by me in the event. I attest that I am physically fit and have sufficiently trained for the event and a licensed medical doctor has verified my physical condition. Furthermore, I hereby grant full permission to any and all of the foregoing to use my photograph or any other record of this event for any legitimate purpose. This entry is invalid unless signed by the entrant. If entrant is under 18 years of age then entry must be signed by parent/guardian. The official race director reserves the right to reject any entry.

Signature: _____ Date: _____

Parent/Guardian (if under 18): _____ Date: _____