



Southwestern Illinois

# RACE FOR RECOVERY ~ WALK FOR AWARENESS

## 5K Fun Run ~ 1 Mile Fun Walk

### Saturday, May 7, 2016

### GSC Ballpark, 2301 Grizzlie Bear Blvd, Sauget, IL 62206

- Sign In starts at 7:15am
- 5K Race begins at 8:15am
- Walk begins after runners clear the field



- Photos with Izzy, Grizzlie's Mascot
- Family-Friendly Activities
- Playground Area
- Photos with Live Llamas
- Rain or Shine Event
- Mental Health Booths
- Flat and Fast Course
- Race professionally timed by Final Lap Race Management

**nami**  
Hope starts with you.

# Ready. Set. GO!

Register online <https://runsignup.com/NAMI5KRaceforRecovery> or use the form below. Info: <http://namiswi.org>.

When registering online, you may use the secure link for credit card payment.



#### REGISTRATION FORM FOR EACH PARTICIPANT

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Age\* \_\_\_\_\_  Male  Female

\*For 17 and younger, a parent/guardian signature is required.

Participant Signature \_\_\_\_\_

Parent/Guardian Signature If Applicable \_\_\_\_\_

#### Release, Waiver of Liability, Assumption of Risk

NAMI SWI affiliate, volunteers and employees are not responsible for any injuries incurred during the walk/run. We recommend checking with a physician before participating in any physical activity including this event.

- 1 Mile Walk Participant ..... \$30.00
- 5 K Run Participant ..... \$30.00
- NAMI SWI Open Door Members..... \$12.00
- Virtual Runner.....\$30.00
- Cash  Check - Payable to NAMI SWI

#### T-Shirt Size - Register by April 23rd to guarantee shirt

- Child Small  Child Medium  Child Large
- Adult Small  Adult Medium  Adult Large
- Adult 1XLarge  Adult 2XLarge  Adult 3XLarge



May is Mental Health Awareness Month  
Go GREEN!!

This fundraiser is intended to not only raise dollars but to raise awareness of brain disorders. Mental Health Awareness is the first step in fighting stigma. With your help, there is hope for those who have mental health disorders and for their families who love and support them.

NAMI SWI is a 501(c)3 Not-for-Profit Organization and your donation is tax deductible to the full extent allowed by law.



Mail completed registration form with payment to NAMI SWI, 2100 Madison Ave, 4th Floor, Granite City, IL 62040.