

# SPACE COAST RUNNERS presents

## Event Information

**Date** Sunday, May 22, 2011  
**Time** 8:00 am  
**Location** Windover Farms  
4025 Windover Way, Melbourne  
(Off Post Road)  
**Event** Nation-wide 5k Walk (3.1 miles)

## Registration

### By Mail

Mail entry below with check

**Online** \_\_\_\_\_ [www.runsignup.com](http://www.runsignup.com)

### Race Day Registration

From 7:00 to 7:45 am at Windover Farms

### Entry Fee

\$15 postmarked by May 8th

\$10 SCR members by May 8th

\$20 postmarked after May 8th

WeightWatchers®  
**WALK-IT**  
CHALLENGE 2011



## Amenities

- \* T-Shirt with 5k entry  
(register early to guarantee your shirt size)
- \* Walk warm up with Jackie of **Get Moving !**  
**Group Fitness and Personal Training**
- \* Walker medals to all finishers
- \* Door prize drawings
- \* Healthy refreshments post-walk

For More Information, contact  
Cyndi Bergs at 321-514-6955  
[mcbergs@att.net](mailto:mcbergs@att.net)

or visit:

[www.spacecoastrunners.org](http://www.spacecoastrunners.org)  
[www.runningzone.com](http://www.runningzone.com)

Mail completed entry form and payment to:

Space Coast Runners, 516 S Plumosa St #15, Merritt Island, FL 32952

Name \_\_\_\_\_ Age \_\_\_\_\_ SCR member? \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

T-Shirt: Pre-register early to guarantee your shirt size! [S] [M] [L] [XL] [XXL]

I hereby release Weight Watchers, Space Coast Runners, RRCA, and other sponsors and officials involved in this event from any and all damages or injuries arising out of participation in the **Space Coast Runners presents the Weight Watchers® Walk-It Day 5K** and further state that I am in proper physical health and condition to compete in said walk.

\_\_\_\_\_  
Signature (parent or guardian if under 18)

\_\_\_\_\_  
Date