

## 2017 Run to Break the Cycle

Select Event	Pre-registration before Aug. 11	Registration after Aug. 12
<input type="checkbox"/> 5K Run/Walk	\$20	\$25
<input type="checkbox"/> 5K Run PLUS Fitness Challenge	\$25	\$35
<input type="checkbox"/> 10K Run	\$20	\$25
<input type="checkbox"/> 10K Run PLUS Fitness Challenge	\$25	\$35
<input type="checkbox"/> 1.5 mi Fun Walk	\$20	\$20

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Age \_\_\_\_\_

E-mail \_\_\_\_\_

Gender:  Male  Female

T-Shirt Size:  S  M  L  XL

How did you hear about the run?  
\_\_\_\_\_

Waiver: I, myself and/or my child or ward (the participant) consent to participate in the Run to Break the Cycle to benefit the Women's Center of Beaver County and acknowledge that such waiver is given in return for being allowed to participate. Participant acknowledges that he/she is physically fit and able to safely participate in the Event. Participant understands there may be risks associated with participating in a physical activity and assumes all risks of injury that may occur as a result of participating in the Event. Participant understands that the Women's Center of Beaver County relies upon the participant to be aware of the Participant's physical limits. Participant agrees not to sue, to forever release, indemnify and defend the Women's Center of Beaver County, its directors, the Municipalities, counties or other government in or thorough which the event takes place, including the County of Beaver, its Directors and any sponsor of the event or any volunteer to employee, from all claims, actions, and liabilities of any type, which results from negligent act or failure to act by the Released Parties (including but not limited to damages for personal injury or death) that arises out of participation in the Event. Participant agrees to the use of his or her name and/or photograph in broadcasts, news releases, or other media without compensation. Participant shall abide by all decisions of the race officials as final. I, the undersigned Participant, Parent or Legal Guardian, being of legal age, have read and understand the above agreement and release.

Date \_\_\_\_\_

Signature Required (Parent/Guardian if under 18)

Mail entry form with cash or check payable to:

Women's Center of Beaver County

ATTN: RUN

P.O. Box 428,

Beaver, PA 15009

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
ROCHESTER, PA  
PERMIT NO. 182

Women's Center of Beaver County

P.O. Box 428

Beaver, PA 15009



# WOMEN'S CENTER OF BEAVER COUNTY

## 5K/10K Run 5K Walk, Fun Walk and Fitness Challenge

Saturday

August 26, 2017

Beaver Fire Station

Beaver, PA

8:45am Start



**PROCEEDS:** Registration fees benefit the Women's Center of Beaver County for FREE services to all victims of sexual and domestic violence. Services include legal and medical advocacy, counseling, shelter, 24 hour helpline, education and training programs.

Sponsored by:

**UPMC HEALTH PLAN**

Other sponsorships available by contacting the Women's Center of Beaver County at [www.womenscenterbc.org](http://www.womenscenterbc.org).

**AGE GROUPS:**

Under 12	13-15
16-19	20-29
30-34	35-39
40-44	45-49
50-54	55-60
61-70	71 and over

**Trophies** will be awarded to the top three overall men and women finishers in the 5K/10K run and Fitness Challenge.

**Awards** will be awarded the top men and women finishers in each age group for the 5K/10K run and Fitness Challenge.

Fun Walk participants will not be timed and will not receive trophies or awards but will receive a t-shirt if pre-registered.

**COURSE:** The course is both scenic and challenging in the heart of Beaver, PA. The event begins at Beaver Fire Station (165 Market Street). The course route includes parts of Second Avenue, Sassafras Lane and historic River Road. 10K runners will complete the 5K loop twice. Fun walkers will walk a 1.5 mile loop starting as the runners do, but make a left onto Market Street and from River Road return to the Fire Station.



**FITNESS CHALLENGE:**

The S.O.T.A. Martial Arts Fitness Challenge tests your overall physical fitness with push ups, chin ups, and abdominal crunches in addition to the 5K/10K run. Push ups, chin ups, and abdominal crunches will be scored based on the total number of reps recorded for each event. 5K participants will be given a score based on their final time. 10K participants will be scored based on their 5K average. The scores from the Fitness Challenge and the run will be totaled and the winners will be based on the highest score.

The Fitness Challenge will be limited to 80 participants and will be done **before the race** whenever possible. Participants can register and begin competing in these events at 7:00 am and must be completed by 8:30 am with the race beginning promptly at 8:45 am.

For more information and complete Fitness Challenge rules, please log onto <http://sotamartialarts.com/fitness-challenge>

or

[www.womenscenterbc.org](http://www.womenscenterbc.org)

Timing provided by:



"Our timing will keep you smiling"

[www.smileymiles.com](http://www.smileymiles.com)

**REGISTRATION FEES:**

	Pre-registration before Aug. 11	Registration after Aug. 12
5K Run or Walk	\$20	\$25
5K PLUS Fitness Challenge	\$25	\$35
10K	\$20	\$25
10K PLUS Fitness Challenge	\$25	\$35
1.5 mi Fun Walk	\$20	\$20

Each pre-registered entry is guaranteed a t-shirt and race packet; after Aug. 11 registrants will receive a t-shirt based on availability.

Registration can be mailed to and checks payable to:  
Women's Center of Beaver County  
Attn: RUN  
P.O. Box 428  
Beaver, PA 15009

**REGISTRATION AND PACKET PICK UP:**

Friday, August 25 4pm –7pm  
at Beaver Fire Station  
Race Day 7:00-8:30am

All racers must pick-up timing chip the morning of race (7:30-8:30am)

\$35 fee for unreturned timing chips

**Fitness Challenge participants can begin at 7:00 am.**