

ABC 5K RUN/WALK DETAILS

Date: November 5, 2011

Registration: 7:00 AM – at Salute Restaurant, 1000 Atlantic Blvd., Key West

Start Time: 8:00 AM – Salute Restaurant

Finish: Salute Restaurant

Race Course: Salute to Bertha, down So. Roosevelt past bathhouse to near end of Smathers Beach and return to White St. Pier to Salute.

For more information: 305-296-7616
louannawilliams@msn.com

Pre-registration fee: \$25.00
On-Site Fee: \$30.00

*Turn in \$100 or more in sponsor money
Registration fee is waived.*

For an additional \$10 get 6 chances to win raffle prizes to be determined.

**Mail Entries to: Key West Zonta
ABC 5K Walk/Run
P O Box 0184
Key West, FL 33040**

Pre-Registration by Mail: Deadline is Monday, October 31, 2011

On-site Pre-Registration: opportunity for Parrotheads November 3rd at the reception at The Casa Marina.

On-Site Pre-Registration: Friday, November 4th 4:00-6:00 PM, Salute Restaurant
Pick up t-shirt, gift bag, race number.

- Cancer Facts Affecting Women:*
- The most effective treatment is early detection.
 - Every year more women’s lives are saved through mammograms.
 - Risk increases with age.
 - 40,000 women will die annually of breast cancer.
 - 1 in 8 women will develop breast cancer in her lifetime.
 - Cervical cancer is nearly 100 per cent preventable and curable if detected early.
 - 13,000 cases of invasive cervical cancer are diagnosed annually.
 - 4,100 women will die annually of cervical cancer.
 - Funds raised will cover mammograms, thin-prep pap tests, and other diagnostic tests.

SC 11645

SPONSORS AND DONORS:
(of walker/runner _____)

Name	Phone #	Amount
1. _____		
2. _____		
3. _____		
4. _____		
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18. _____		
19. _____		
20. _____		

Make checks payable to: Zonta Key West or login to Zontakeywest.com and pay thru paypal.

Total _____

AWARENESS BREAST CANCER 5K RUN/WALK ENTRY FORM

Name (Print) _____ Walker _____ Runner _____ First Time 5K? _____

Team Parrot Head (Club Name) _____ Phone _____

Address, City, State, ZIP _____ E-Mail _____

Male _____ Female _____ Age (on race day) _____ Date of Birth _____ T-Shirt Size: S _____ M _____ L _____ XL _____ XXL _____

WAIVER: Unsigned entry form will not be accepted. In consideration of this entry, I hereby for myself, heirs, executors, and administrators, waive any and all claims I may have for damages against the Zonta Club of Key West, Zonta International, Key West Southernmost Runners Club, City of Key West, County of Monroe, its sponsors, and all individuals associated with this event, their representatives, successors, and assigns for any and all injuries suffered by me in connection with this event, including pre- and post-race activities. I attest and verify that I am physically fit for this event. I hereby grant permission to the Zonta Club of Key West and its authorized agents to use my name and photographs, videotapes, motion pictures, recordings or any other record of my participation in this event for any purpose. I further understand that my entry fee is non-refundable.

Date _____ Signature _____ If under 18, parent or guardian signature _____

Entry fee: Pre-Reg. \$25, On-Site \$30 (Includes T-shirt for first 500 entrants. Enter raffle with valuable prizes – 6 tickets for an additional \$10
Make check payable to Zonta Key West and mail with entry form to Zonta ABC Walk/Run, P O Box 0184, Key West, FL 33040

NOTE: YOUR PARROTHEAD CLUB NAME MUST BE FILLED OUT FOR YOUR CLUB TO GET CREDIT FOR CLUB PRIZES