

  
**MARIO'S**  
**SEAWALL**  
italian restaurant & pizzeria

AND



**BRING  
YOU**

## **MAKE ROOM FOR THE TURKEY!**

**A fun 5K walk/run/stroll along Galveston's Seawall**

**FRIDAY, November 20, 2009      6:30pm at Mario's on the Seawall**

This event is a **BENEFIT** for **Gleanings From the Harvest**. Your participation will assist in providing Thanksgiving meals for **Grandparents Raising Grandchildren in Galveston County!**

This event begins at **Mario's on the Seawall** and will travel West on the Seawall. You are welcome to run, walk, stroll, or roll! Just enjoy the journey and the company surrounding you!

**FIT to RUN** will provide participants with a reflective band to borrow during the event, but we strongly encourage you to wear your own reflective gear and/or bring a flashlight or glow sticks.

**Your entry includes food & door prize drawings! There will also be fun activities for kids! Cash bar is available.**

Please fill out and return waiver on reverse side. Deadline for registration is Wednesday, Nov 18<sup>th</sup> by 6pm.

With your registration, we ask that you donate a non-perishable food item. Please bring the food items with you to Mario's on November 18<sup>th</sup>. If you are unable to participate but would like to donate food or other items, please call Kim at 409-996-6912 to make arrangements.

This is a non-competitive event meant to bring the community closer together, to encourage healthy activity, to inspire each other, to meet new people, to grow, and to raise awareness of and respect for grandparents raising grandchildren in Galveston County. Your participation will help others help others. Thank you!

## MAKE ROOM FOR THE TURKEY! fun walk/run Registration Form

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ GENDER: \_\_\_\_\_

PHONE: \_\_\_\_\_ ALT. PHONE: \_\_\_\_\_

T-SHIRT SIZE: SMALL MEDIUM LARGE X-LARGE XX-LARGE

EMERGENCY CONTACT: \_\_\_\_\_

EMERGENCY PHONE: \_\_\_\_\_

In consideration of acceptance of this entry, I release for myself and my heirs, FIT to RUN, LLC., and \_\_\_\_\_, its agents, officers, directors and employees, any sponsor and all officials of this race, from claims, demands, liabilities, damages or cause of action, of any nature, including claims of death, injury or illness, arising out of my participation in the MAKE ROOM FOR THE TURKEY walk/run. I state that I am in proper physical condition to participate in this event. I hereby grant full permission to use my name and any photographs, videotapes, or other recording of this event for any purpose.

I AGREE \_\_\_\_\_

SIGNATURE

### PAYMENT:

\$15. entry fee for each participant, ages 13 and up **plus** a non-perishable food item\*  
Children under 13 are free with parent/guardian participation.

\$15. for friends/family not participating but attending

\*Additional food items and/or monetary donations are welcome and will be donated directly to Gleanings from the Harvest

\*These food items will be given along with turkeys to Grandparents raising Grandchildren in Galveston County for Thanksgiving. Please bring your food donations **with you** to the event.

\*Grandparents Raising Grandchildren in Galveston County is a program of Gleanings From The Harvest.

**Please make checks for event payable to: Fit to Run, LLC**

Please return this form and payment by Wednesday, November 18, 2009 to:

**FIT to RUN**

**528 23<sup>rd</sup> St, Galveston, TX, 77550**

**409-539-5150**

**www.Fit2RunGalveston.com**