

# 5K Run/Walk & Kid's K

Benefiting  
Victims of Relationship Violence  
&  
FRIENDS OF THE FAMILY

**Date: 11/04/06**

**Time: 08:00am**

**Pre-register by: 10/28/06**



## PRIZES

- Awards for overall, masters & 1st, 2nd, 3rd place in each age group; 10&Under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+
- Awards for school and organization with most participation (pre-registered only.)
- Medals for all kids participating in the Kids race
- Trophies for 1<sup>st</sup> overall male and female (5k Run only)
- Trophies for 1<sup>st</sup> overall masters male and female (5K Run only)

## Registration

- Online at [www.active.com](http://www.active.com)
- In person: on race day; cash or checks only

EVENT NAME:  
Breaking Out 5K Run/Walk & Kids K

**Will be held rain or shine!**

Race Day registration will close 10 minutes before the race

FEES:	5K	Kids K
Early Registration: (postmarked by 10.28.06)	\$20.00	\$ 10.00
Late Registration: (after 10.29)	\$22.00	\$10.00
Race Day Registration:	\$25.00	\$10.00

FEES ARE NON-REFUNDABLE

The run will begin at Shadow Ridge Middle School located at 2050 Aberdeen Dr., Flower Mound, TX. 75028 (corner of Spinks and Aberdeen)



**Door Prizes include  
Southwest Airlines Tickets**

**Sponsored by:**



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FLOWER MOUND STRIDERS

- Make checks payable to **Breaking Out Foundation.**
- Mail forms and checks to: **Breaking Out Foundation**

BREAKING OUT FOUNDATION  
1901 Long Prairie Rd., Ste.130  
Flower Mound, TX 75022

Phone: 972-539-5433  
Contact person: Carol Kohankie  
ckohankie@msn.com  
972.743.1791 (cell)  
Judy Moody at  
Judy@flowermoundwoman.com

Name Please Print

Address

Phone

Name of school or organization

Sex Age on race day

Adult T-Shirt size: S \_\_\_ M \_\_\_ LG \_\_\_ XL \_\_\_

Youth T-Shirt size: S \_\_\_ M \_\_\_ LG \_\_\_ XL \_\_\_

E-MAIL

### READ AND SIGN THE FOLLOWING WAIVER:

In consideration of your acceptance of this entry, I, for myself, my heirs, executors, administrators, and assigns, forever release and discharge any and all rights, demands, claims for damages and cause for suit or action known or unknown, that I have against The Breaking Out Foundation, The Town of Flower Mound, Flower Mound Striders and any and all participating race sponsors and the directors, officers, employees and agents of such parties, for any and all injuries in any manner arising or resulting from my participation in said race. I attest and verify that I have full knowledge on the risks involved in the race. I attest and verify that I will assume and pay my own medical and emergency expenses, and that I am physically fit and sufficiently trained to participate in this race. I release the rights to any and all photographic material and computer information to the "BREAKING OUT FOUNDATION, FLOWER MOUND WOMAN MAGAZNE AND ANY AND ALL PRESS" who may wish to release for this event without obligation to me.

Signature (parent if under 18)

Date