



Serving Bedford County and surrounding areas since 1999.

OUR MISSION

First Choice Pregnancy Counseling Center is a non-profit ministry offering abstinence education, life-affirming alternatives to abortion and compassionate counseling, care, and support to those who face pregnancy and abortion related issues.

First Choice is supported by individual and corporate donations, private grants, and fundraisers.

E-Mail: firstchoice@firstchoicepcc.com

1102 Madison St.
Shelbyville, TN 37160

A smaller version of the First Choice Pregnancy Counseling Center logo, oriented vertically.

4TH ANNUAL

"I BEAT THE FLOAT"
Run For THEIR Life 5K
SHELBYVILLE CHRISTMAS PARADE

Saturday
December 3, 2011
4:00 p.m.

Start a new tradition.
"Race"
into the holiday season!

The First Choice Pregnancy Counseling Center logo, featuring the text "First Choice" in a serif font with a red heart above the "o" in "Choice", and "Pregnancy Counseling Center" in a smaller, italicized serif font below.

1102 Madison Street
Shelbyville, Tennessee 37160
(931) 680-0066

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Shirt Size: S M L XL XXL (\$3 extra)

Please note: You must pre-register by Nov. 22 to be guaranteed a t-shirt.

Age on Race Day: _____ Male _____ Female _____

Registration fees:

_____ \$20 Pre-Registration by Nov. 22

_____ \$25 Registration after Nov. 22 or Race Day

Please make checks payable to: **First Choice PCC**

Waiver/Release: I know running a road race is potentially a hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the First Choice Pregnancy Center, its sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the person named in this waiver. I understand that my entry fee is non-refundable and non-transferable. I also grant the right to use my likeness in any photographic record of the First Choice Pregnancy Center "Run for Their Life" 5K.

Signature _____

Parent/Guardian (if under 18)

Date

Emergency Contact

Phone

5K COURSE DESCRIPTION:

The 5k begins at 4:00 p.m. at the beginning of the Shelbyville Christmas Parade route (corner of Lane Parkway and Cannon Blvd.) and will continue along the parade route, ending at 1113 Madison St.

REGISTRATION:

Register on-line at www.active.com.

Mail registration forms to:

First Choice PCC

1102 Madison St.

Shelbyville, TN 37160

Race day registration begins at 2:30 p.m. at 1113 Madison St.

FEES: (non-refundable, non-transferable)

\$20 postmarked on or before Nov. 22

\$25 after Nov. 22 or on Race Day.

Make checks payable to:

First Choice PCC

T-SHIRTS:

5K Runners/walkers pre-registered on/before Nov. 22 will receive a t-shirt.

START TIMES:

Race Day Registration: 2:30 p.m.

Runners/Walkers will be shuttled to the beginning of the parade route. **Last** shuttle will be leaving from the registration area at 3:40.

GENERAL:

Water stations will be provided along the course.

AGE DIVISIONS:

9 & under, 10-18, 19-25, 26-35, 36-45, 46-55, 56-65, 65+

AWARDS AND PRESENTATIONS:

Awards will be presented as soon as results are calculated. Presentations will take place at the registration area.

Awards will be given to the top three male and female runners overall.

Awards will be presented to top male and female in each age division.

PROCEEDS:

Proceeds will benefit

**First Choice Pregnancy
Counseling Center**

DON'T FORGET:

On December 3 participants will meet and park at the registration area at 1113 Madison Street.

Runners will be shuttled to beginning of parade route so please allow plenty of time to register and to be shuttled to the start of the race. ***The last shuttle will be leaving from the registration area at 3:40 p.m.***

4TH ANNUAL
"I BEAT THE FLOAT"
Run For THEIR Life 5K
SHELBYVILLE CHRISTMAS PARADE

**Saturday, December 3, 2011
4:00 p.m.**