



1000  
MAN  
MARCH



# 6<sup>th</sup> Annual Father's 5K Walk/Run

An opportunity for fathers to exercise with their families.

Sponsored by the 1000 Man March Outreach

*When:* Saturday July 1<sup>st</sup>

*Where:* Smith Cove South Sound

*Time:* 6:00 am (Walkers) 6:30 am (Runners)

*Registration fee:* \$15 for adults

\$5 for children under 18

FREE for children under 5

*Register on the day of the event at 5:30 am.*

*Special Prize Drawing for those who register before June 1st.*

We will be giving away many cool prizes including:

- **Cayman Airways Vouchers**
- Camana Bay Gift Certificates
- Dvds, books and much more prizes

The course starts and finishes at Smith Cove with water and snacks provided to all participants. The proceeds will go towards: YMCA Cayman Islands and the 1000 Man March Outreach mentoring programme.

For more information log on to [www.1000manmarch.com](http://www.1000manmarch.com) or email [5k@1000manmarch.com](mailto:5k@1000manmarch.com).



Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Runner/Walker (please circle)

Child #1 Name: \_\_\_\_\_ Age: \_\_\_\_\_ Child #2 Name: \_\_\_\_\_ Age: \_\_\_\_\_

Email Address: \_\_\_\_\_ Emergency contact: \_\_\_\_\_

Waiver: I know that running a road race is a potentially hazardous activity. I assume all risks associated with this event. Having read and signed this waiver and knowing these facts and in consideration of my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release all organising parties and sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event.

\_\_\_\_\_  
Signature (Parents signature if under 18)

