

Registration Form

Pre-Register (on or before March 29, 2014): \$18.00

Kids 12 and Under: \$8.00

Ava's Amble: \$12.00

Day of Race: \$20.00

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: (____) _____ -- _____

E-mail address: _____

Circle One: Run / Walk / Amble

Gender: Male Female

Age on race date: _____

Circle Shirt Size (to everyone registered by March 29, 2014):

Adult- S M L XL 2XL

Youth- 2T 3T 4T XS S M L

Return registration form and entry fee/checks made payable to:

Ava Brown Memorial 5K Run/Walk
PO Box 1312
Jefferson City, MO 65102

For more information please contact us at:
AvaBrown5K@gmail.com

Ava Brown Memorial 5K Run/Walk
PO Box 1312
Jefferson City, MO 65102



5th Annual
Ava Brown
Memorial 5K
Run/Walk

**“In the belief
all babies should
live...”**

Saturday, April 12th, 2014

9:00 am, Rain or Shine

Memorial Park

Jefferson City, Missouri

Proceeds to benefit First Candle:
a national nonprofit SIDS organization



5th Annual
Ava Brown Memorial 5K Run/Walk
Saturday, April 12th, 2014
9:00 a.m. Rain or Shine
Memorial Park, Jefferson City

Ava Elizabeth Brown is the daughter of Robby and Sarah Brown, little sister to Zach and now big sister to Savannah. She was a healthy and vibrant little girl who passed away suddenly on April 15th, 2009 at 8 weeks, 2 days old. Her cause of death was determined as Sudden Infant Death Syndrome. This memorial event has been established in her memory and honor, in order to help raise awareness, as well as funds for vital research, education, and advocacy in the field of SIDS. Proceeds will benefit First Candle and SIDS Resources.

Details: This memorable event will take place on a USATF certified 5K course (#MO09069BG), beginning and ending at beautiful Memorial Park in Jefferson City. The 5th Annual Ava Brown Memorial 5K Run/Walk will again showcase Ava's Amble, an option for individuals or families not wanting to complete the full 5K. Ava's Amble will be an untimed, unmeasured fun run through the park for a less strenuous way to participate and support this great cause. There will be an avenue of Angels along the Amble route.

**T-shirts will be guaranteed to everyone registered by March 29, 2014.

****Registration/Package Pick-Up will begin at 8:00 a.m. with the Run/Walk starting at 9:00 a.m.**

**For more information, please contact: AvaBrown5K@gmail.com

Entry Fees:

Pre-Register (on or before March 29, 2014): \$18.00

Kids 12 and Under: \$8.00

Ava's Amble: \$12.00

Day of Race: \$20.00

Course Map: www.runjeffcity.org

Awards and Age Divisions: The top three (3) finishers in the following age groups for both walkers and runners will receive a medal. Overall men and women runners will be awarded a trophy.

12 and Under 13-19 20-29 30-39 40-49 50-59 60+

Registration: Advanced registration must be received by March 29th, 2014. Return registration form and entry fee/checks made payable to:

Ava Brown Memorial 5K Run/Walk, PO Box 1312, Jefferson City, MO 65102

Online registration with credit card payment option is available at:

<https://www.z2systems.com/np/clients/fc/event.jsp?event=337&>

Release: In the consideration of the acceptance of my entry, I, for myself, my administrators, executors and assignees, do hereby release, and discharge First Candle, SIDS Resources Inc., Memorial Park, race organizers, and all other sponsors for all claims of damages, demands, and actions, whatsoever arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and trained for this event.

Signature: _____ Date: _____

Parent Signature: _____ Date: _____