



# Join Our Celebration of Health and Wellness

## The Transformation Center 5kFlight: Peer Run/Walk for Mental Wellness

### Sunday September 25, 2016

### Jamaica Pond Boathouse in Jamaica Plain, MA



*The Transformation Center 5k Flight is back for a fifth year in our campaign to promote exercise as a tool in recovering and sustaining mental wellness. People with mental health, trauma, and addictions histories face health challenges related to side effects from medications, poverty & lack of access to medical care. We invite everyone to think “whole health” & to take charge of caring for mind, body and spirit. Join us for day of fun at the pond!*

**9:30 AM - Registration/Package Pickup**

**10:45 AM - Inspirational Speeches**

**11:00 AM - Race/Walk Start**

### Register:

Registration includes: Entry, T-Shirt for the first 250 registrants, snacks & finisher medal

Online: \$25 plus the online fee of \$2.50 at: [www.racemenu.com/TC5kFlight](http://www.racemenu.com/TC5kFlight)

Mail in Registrations are \$25 (please mail in if requesting scholarship)

- must be postmarked by September 18th

On-site registration - \$30

16 & Under—FREE!!

### Participate!

See our website to: Sponsor the event, sponsor a runner/walker/mover who cannot afford the registration fee, or to volunteer before, at, or after the event

*This event is run by and for “peers” (people with lived experience of extreme emotional states) in all stages of recovering our mental health wellness and freedom from addictions....and for our allies. Learn more about us:*

The Transformation Center is a 501(c) 3 nonprofit organization

[www.transformation-center.org](http://www.transformation-center.org) ~ [5kflight@transformation-center.org](mailto:5kflight@transformation-center.org)

98 Magazine Street Roxbury MA 02119 ~ Ph: 617-442-4111



**5K Flight: Peer Run/Walk/Move For Mental Wellness**

Register by mail until Monday, September 19, 2016

Or

Register on-line at: [racemenu.com/TC5kFlight](http://racemenu.com/TC5kFlight)

Or

Register in person on the day of the race

**Mail-in Registration Form**

**5K Flight Run/Walk September 25, 2016 – 9:30 AM Packet Pick-up & 11:00 AM Race Start  
Jamaica Pond Boathouse**

**Make Checks Payable To: The Transformation Center**

**Mail Entry To: The Transformation Center – 98 Magazine Street #2, Roxbury MA 02119**

<b>NAME</b>	<b>GENDER (OPTIONAL)</b>
<b>TEAM (OPTIONAL)</b>	<b>ADDRESS</b>
<b>CITY</b>	<b>STATE</b>
<b>ZIPCODE</b>	<b>EMAIL</b>
<b>PHONE</b>	<b>AGE ON RACE DATE</b>
<b>PROGRAM, AGENCY OR CLUB I AM FROM (OPTIONAL):</b>	<b>T-SHIRT SIZE:</b>

**I AM (CIRCLE ONE)      RUNNING      WALKING**

**REGISTRATION FEE: \$25      Free for kids under 16!**

**Contact us about scholarships at [5KFlight@transformation-center.org](mailto:5KFlight@transformation-center.org) or (617) 442-4111**

***Waiver Must Be Read and Signed Before Mailing:***

I know that running is a potentially hazardous activity. I should not enter or run this event 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 risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and cross country trail and traffic including foot traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release The Transformation Center and all sponsors, their representatives and successors from all claims of liabilities of any kind, including any claims arising out of negligence of the aforementioned parties, arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any other record of this event for any legitimate purpose.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature if under 18 or  
Guardian's Signature if applicable