



Club Kokomo Roadrunners in Partnership with Kokomo YMCA presents:

BE FIERCE 5K Run/Walk (Women Only)

Saturday June 29, 2019

5pm

Kokomo YMCA

\$20 before June 14, 2019

\$25 June 14 and day-off

Packet Pick-Up: Friday June 28 4p-7p & Saturday June 29 3p-4:30pm

Registration: T-shirt, swag bag & glittery finisher medal

All proceeds go to the FSA's domestic violence shelter

**For questions & more info check out the event page on Facebook: BE FIERCE 5K

Name: _____ Date of Birth: _____ Age: _____

Address: _____

City: _____ State: _____ Zip Code: _____ Phone #: _____

Email address: _____ T-Shirt Size: _____

XS-3XL

Is this your first ever 5k? Are you participating with your mother/daughter? No Yes Name: _____

Emergency Contact: _____ Emergency #: _____

Make checks payable to: Club Kokomo and send to: Club Kokomo, 2936 Congress Dr., Kokomo, In 46902 NO REFUNDS!

I know that running or walking a road race is a potentially hazardous activity. I should not enter and run or walk 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 or walk. I assume all risks associated with running or walking this event including, but not limited to : falls, contact with other participants, the effects of the 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 Club Kokomo Roadrunners , the City of Kokomo, The Kokomo YMCA, and all other 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 persons named in this waiver. I understand that bicycles, skateboards, roller skates or blades, animals (excluding service animals), and radio headsets are not allowed in the race and I will abide by this guideline. I grant permission to all of the foregoing to use photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. Use of babyjoggers is not encouraged; however if one is used, you must start at the back of all runners and walkers, and the individual in the babyjogger cannot be a registered participant.

Signature: _____ Date: _____

Parent or Legal Guardian signature _____ Date: _____
(if Under 18 years old)

FAMILY SERVICE ASSOCIATION OF HOWARD COUNTY DOMESTIC VIOLENCE & SEXUAL ASSAULT PROGRAM

2018 Statistics

- ① 426 Crisis Calls
- ① 3,037 Information & referral calls
- ① 80 Sexual Assault victims assisted
- ① 414 clients served (269 emergency shelter, 25 RRH, 120 Outside clients)



111% increase in number of children staying at the shelter from 2017 to 2018

Rapid ReHousing (RRH) provided low barrier housing to 21

145 presentations with 3,351 attendees. 126 support groups & life skills classes with 626 attendees

The Domestic Violence Shelter in Kokomo, In is one of the few shelters in the state and serves Cass, Howard, Miami and Tipton counties. The goal this year is to pay off the shelter's mortgage. FSA has raised \$110,000 and has \$49,000 to go!!

FSA is currently accepting donations of the following items:

Hair products especially ethnic products: mousse, gel, hair spray, conditioning balm, hair brushes, and reusable shopping bags

FSA's "You be Kind" Closet (Men & Women) needs:

Slippers, candles, nail polish items that can be used to pamper

\$5 gift cards for downtown establishments: coffee shops, gas stations, restaurants and grocery stores: Kroger, Walmart, & Meijer

If you would like to make an additional donation to FSA you can do that 1 of 2 ways:

Go to fsahc.org and click the "Donate" button

Or

Include a check with your race registration.

Make checks payable to: Family Service Association

If you would like the donation to go towards paying off the mortgage please write: Mortgage in the Memo line