

# A.R.M. Yourself



## 2<sup>nd</sup> Annual 5K Race for Global Health

Saturday, November 20, 2010 at Florida State University

8:30 a.m.

### REGISTRATION

**Fees:** \$15 by November 5th, \$20 on race day. All pre-registered entrants receive a short-sleeved t-shirt. Shirts can be purchased on the day of the race for \$10. Entrants can register by mailing your check to GlobeMed, Student Activities Center, A305 Oglesby Union, P.O. Box 3064026, Tallahassee, FL 32306 or by coming the GlobeMed table during Market Wednesdays at the Oglesby Union at FSU..

### TIME

**Registration**-----8:00 a.m. at Wescott Fountain  
**5K**-----8:30 a.m.  
**Awards Ceremony**-----10:00 a.m.

### AWARDS

- \*Top 3 Overall Male
- \*Top 3 Overall Female

### ROUTE

The 5K route will be run on roads within the Florida State University campus. The route is of moderate difficulty with some hills along the way.

### REFRESHMENTS

Water and fruit will be available at the end of the race.

### THE BENEFIT ORGANIZATION



**GlobeMed** at  
Florida State University

GlobeMed is a network of university students which partner with grassroots organizations around the world to improve the health of the impoverished. Through their involvement today, students commit to a life of leadership in global health and social justice. GlobeMed at Florida State University partners with the Alternative for Rural Movement, A.R.M. located in Orissa, India.

### WHERE YOUR CONTRIBUTIONS GO

GlobeMed at FSU relies on the donations of caring individuals, organizations and businesses to help A.R.M. **Here are a few examples of how these funds are used:**

- Mobile health clinics to help with STI and HIV cases.
- Supply the area with medicines and first aid.
- Improve maternal health and reduce child mortality through healthcare camps.

For more information on GlobeMed or our partner A.R.M. visit [www.globemed.org](http://www.globemed.org) or [www.armngo.com](http://www.armngo.com)



# Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Sex: \_\_\_\_\_

**T-Shirt Size:** (please circle one)

ADULT:    S                    M                    L                    XL

**Fees:** (includes a short-sleeved t-shirt)

\$15 (**\$20 on race day**)                    \$ \_\_\_\_\_

Additional Donation to

GlobeMed at FSU\*\*\*                    \$ \_\_\_\_\_

**TOTAL ENCLOSED**                    \$ \_\_\_\_\_

Make checks payable to GlobeMed at FSU

\*\*\*GlobeMed is a non-profit organization and all fees except a \$10 t-shirt are tax deductible.

## Waiver

I understand that participating in this event will subject me to potentially dangerous conditions, including uneven terrain, inclement weather, and other runners/walkers who may cause falls or other injuries. I certify that I am in proper physical condition to participate in this event and hereby release and hold harmless GlobeMed at FSU, its officers, members, and volunteers from any and all demands, claims, damages or suits arising from or relating to bodily injury or personal property loss or damage sustained by me, or property damage or bodily injury to others caused by me during or because of participation in this event.

\_\_\_\_\_ **Date:** \_\_\_\_\_

**Signature**

\_\_\_\_\_ **Date:** \_\_\_\_\_

**Signature of Parent/Guardian for participants**

**Under the age of 18.**

**Questions? Contact Christina Greco at [globemedfsu@gmail.com](mailto:globemedfsu@gmail.com)**

