

2009 RESULTS

Top Female Finisher:

Kelly McNeely, Ringwood, IL 19:56

Top Male Finisher:

Dan Thompson, Waupaca WI - 17:02

Spirit Award:

Big Brothers Big Sisters Portage Co.



"I would tell anyone who needs this help to come here. Excellent group, they've enriched my life." - Shelter Client

CAP Services, Inc.
1608 W. River Drive
Stevens Point, WI 54481



8TH ANNUAL



Tuesday, July 20, 2010
6 p.m. — UWSP Allen Center
Illinois Avenue
Stevens Point, WI

PROVIDING 32 YEARS OF SERVICE.

Take A Step 5K is a community event that benefits domestic and sexual abuse victim services provided through CAP Services' Family Crisis Center.

CAP Services has been providing services to domestic abuse and sexual assault victims in central Wisconsin since establishing the Family Crisis Center in 1978. Services are provided 24 hours a day by a team of professional staff. All services are free and confidential. The Family Crisis Center focuses on three areas: Domestic and Sexual Abuse Intervention, Adolescent Crisis Services, and Crisis Intervention.

In 2009, the Family Crisis Center helped more than 850 individuals "take a step" toward a brighter future. For more information on available services, call 1-800-472-3377 or 343-7125.



Paramount Farms, Inc.



EDWARD J. OKRAY
FOUNDATION

All prizes donated by local businesses and proceeds will go to CAP Services Domestic Violence and Sexual Assault Services in Portage Co., Waupaca Co, and Waushara Co.

EVENT INFORMATION

RUN OR WALK



Race starts at the Allen Center on Illinois Ave. across from Parking Lot "Q"

Date: Tuesday, July 20, 2010

Time: 6 p.m. Please be at the starting point by 5:30 p.m. Race day registration starts at 4 p.m.

Kiddie K race starts at 5:30 p.m.

Competitive runners are welcome! Chip timing for runners. Awards will be given to the first three female and first three male finishers in each age category:

- 13 and under
- 14-18
- 19-29
- 30-39
- 40-49
- 50-59
- 60 and above

Spirit Award – for the corporation that best champions the spirit of the event (*judging criteria based on enthusiasm, attire, and theme*)

Walkers - Just come out and enjoy a nice stroll! No dogs, bikes or skates, Please!

Kiddie K - pre-race fun run for 9 and under (Age groups: 0-5 and 6-9 yrs.)



REGISTRATION

For a registration form or past results visit — www.nationalwellness.org. If you have questions, please call 715-343-7194.

REGISTRATION FORM:



Name: _____

Address: _____ **Apt.** _____

City: _____ **State:** _____ **ZIP:** _____

Home Phone: _____ **Work Phone:** _____

Age: _____ **Shirt Size:** YM S M L XL (circle one)

Late registration does not guarantee an event t-shirt

Gender: M F (circle one) **How did you hear about this event?** _____

Division:

Runner Walker Wheelchair Stroller

Entry Fees: *This is a fundraiser for the Family Crisis Center.*

<input type="checkbox"/> Registration \$20 per person - before July 1 \$25 per person - after July 1	<input type="checkbox"/> Family Rate (3 or more) \$18 per person - before July 1 \$25 per person - after July 1	<input type="checkbox"/> Corporate Rate (Team of 5) \$18 per person - before July 1 \$25 per person - after July 1
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I would like to make an additional donation to the Family Crisis Center in the amount of \$_____.

Total: \$_____ make checks payable to **CAP Services, Inc.**
Return form & payment to: 1608 W. River Dr., Stevens Point, 54481 Attn: Diane Hope

Liability and Publicity release: I know that running and walking is potentially hazardous should I not be in proper condition medically. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with running and walking in the event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, conditions of the roads, all such risks being known and appreciated by me. Having read this release 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 CAP Services, Incorporated, the University of Wisconsin-Stevens Point, the city of Stevens Point, all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event. I grant to the Family Crisis Center, CAP Services, Incorporated, and it's sponsors the exclusive right to the free use of my name, my voice and/or my picture in any broadcast, advertising, promotion or other account of this event. No refunds for severe weather cancellations.

Entrant Signature: _____ **Date:** _____

Parent/Guardian Signature: _____ **Date:** _____