



REGISTRATION FORM

SOWING SEEDS OF HOPE VIRTUAL 5K & ONE MILE FUN RUN SATURDAY, SEPTEMBER 26, 2020

Participant's Name

Phone Number

Email Address

Mailing Address (Street or PO Box)

City, State, ZIP Code

Please check one of the following:

- I don't want a t-shirt, but would like to make a donation.
- I will pick up my t-shirt from the Sowing Seeds of Hope office.
- Please send my t-shirt to the address above. (Add \$5 to the registration fee to cover shipping.)

Registration type:

- Adult (\$25)
- Student 13+ (\$20)
- Kids Under 13 (\$15)

Requested t-shirt size:

- Youth X-Small
- Youth Small
- Youth Medium
- Youth Large
- Adult Small
- Adult Medium
- Adult Large
- Adult X-Large
- Adult 2-X
- Adult 3-X
- Adult 4-X
- Adult 5-X

Return this form and your check to the Sowing Seeds of Hope office, which is located between the Perry County Extension Office and Perry County Health Department, or **mail your completed form and check to Sowing Seeds of Hope, Post Office Box 1153, Marion, Alabama 36756.**

Please note that your **registration must be received before September 11 in order to receive a t-shirt.** If you'd prefer, you can register by phone at 334-683-4666 or online at <https://ssohope.org/5k>.

Proceeds from the event will help fund Sowing Seeds of Hope's ongoing children's activities, which address social-emotional development, academic progress, and physical health.

This event is also intended to raise awareness about childhood obesity, which affects 1 in 5 children in Alabama. Childhood obesity has been linked with later development of Type II diabetes, hypertension and cardiovascular disease, liver and kidney failure, infertility, sleep apnea, orthopedic problems, and cancer. It can usually be prevented or corrected with changes in diet and exercise. For more information about childhood obesity, please visit <https://www.cdc.gov/obesity/childhood>.