



BIRMINGHAM ALABAMA

Run or Walk a 5k or 1-mile Fun Run in George Ward Park.

KIDS' RUN & ACTIVITIES REGISTER OR DONATE AT:

OSTOMY5K.ORG

**SATURDAY
OCTOBER 6
2018**

RACE DAY SCHEDULE:

8:00 a.m. Registration

9:00 a.m. 5k Run/Walk

9:30 a.m. 1-Mile Fun Run/
Walk (kids/adults)

11:30 a.m. Awards

REGISTRATION: ONLINE

Adults: \$15(Deadline Oct. 3)

Kids: \$10

Includes a tech t-shirt
guanteed by 9/20)

ON-SITE REGISTRATION SATURDAY:

Limited tech t-shirts available

The 3rd Annual Birmingham, AL **Run for Resilience Ostomy 5k** will be held on Saturday, October 6, 2018. This family-friendly fun run/walk will take place at George Ward Park with registration/activities being located at Field 6, 1901 Greensprings Avenue South, Birmingham, AL, 35209. The course will be within the park and there will be signs mapping out the race course. Come celebrate ostomy awareness and World Ostomy Day with us!

Prizes will be awarded to the top 3 overall finishers in each event. The **Central Alabama WOC Nurses' Association** is proud to bring this event to town. All proceeds benefit **United Ostomy Associations of America, Inc. (UOAA)**, a 501(c)(3) charitable organization.

OSTOMY5K.ORG

Run for Resilience Ostomy 5k events will be held in:

ARIZONA
N. CAROLINA

NEW JERSEY
OREGON

MICHIGAN
IDAHO

TENNESSEE
ALABAMA

PENNSYLVANIA
ANYWHERE US

