



TEAM UP with
to support



POLYCYSTIC OVARIAN SYNDROME AWARENESS

Women's Specialty Healthcare has committed to participate in the PCOS Awareness Fun Run/Walk. We will join efforts with other teams, walkers and runners on Sunday, September 25, 2011 at the Downtown Aquarium Houston.

The PCOS Awareness Fun Run/Walk event is for people of all athletic ability. Show your support to the millions of women suffering from Polycystic Ovarian Syndrome! The fun run/walk kicks off at the Downtown Aquarium and loops around the Buffalo Bayou. The PCOS Awareness Fun Run/Walk allows running or walking; admission for walkers is \$20 and \$35 for runners. Polycystic Ovarian Syndrome affects up to 10% of women. The PCOS Awareness Fun Run/Walk will raise money to provide education, support, and promote further awareness of Polycystic Ovarian Syndrome. The Run/Walk benefits the PCOS Foundation, a non-profit organization.

Our team leader for the PCOS Awareness Walk & 5K Run is Simona Caples Acevedo.

Please contact Simona (simona@womensspecialtyhealthcare.com) with any questions about PCOS Awareness Walk if you need to register. Friends and family members are invited to join our team too.

A registration form is included on this pdf or online registration is also available at: <http://www.active.com/running/houston-tx/pcos-awareness-5k-2011>

TO REGISTER UNDER THE TEAM:

- o On the main registration page, click the "Register Now" button.
- o Select the "Team Member (Required to Join an Existing Team)" option
- o Select the "Team Member" Category of their choice (5k or walk) to join the team
- o Select Women's Specialty Healthcare team from the drop down menu, complete and pay for registration.

Women's Specialty Healthcare is proud to support the awareness of Polycystic Ovarian Syndrome and the efforts of the PCOS Foundation. The event will be fun and support a great cause, so sign up today!

EVENT INFORMATION:

Date: Sunday, September 25, 2011. Runners begin at 8:00am sharp with walkers to follow. Registration starts at 6:30 am until 7:45 am. Free limited parking will be available at the Aquarium until 10:00am. The Downtown Aquarium is located at 410 Bagby Houston, TX 77002. The course will be a 5K track around the Buffalo Bayou.





Downtown Aquarium: Sunday, September 25, 2011 @ 8:00 am

All information must be completed. Mail form and your payment to: PCOS Foundation 10901 Katy Freeway, Houston, TX 77079

Participant Information

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

T-shirt Size: _____ Gender: _____ Age: _____ Employment Industry: _____

How you heard about the PCOS Awareness Walk: _____

I would like to: Start a team Join an existing team Volunteer Sponsor / _____
Name of the team you will join or start

My PCOS knowledge: I have PCOS I am a supporter I don't know what PCOS is

I, _____, do hereby release and hold harmless from liability and injury the City of Houston and any and all organizers and sponsors of this event.

Signature _____ Date _____

Admission: \$20.00 for Walkers \$35.00 for Runners

Please make all checks payable to: PCOS Foundation <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Money Order	Name of Cardholder:	
	Credit Card Number:	Security Code:
<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Discover <input type="checkbox"/> American Express	Expiration Date:	
	Signature:	

Donation Amount: \$10 \$25 \$50 \$75 \$100 Other: _____

Please make all checks payable to: PCOS Foundation <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Money Order	Name of Cardholder:	
	Credit Card Number:	
<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Discover <input type="checkbox"/> American Express	Expiration Date:	
	Signature:	

Event Information

The PCOS Awareness Walk & 5K Run will take place rain or shine! Participant check-in is 6:30-7:45 am at the Downtown Aquarium. Limited free parking is available at the Aquarium until 10:00 am. Vehicles leaving the Aquarium parking lot after 10:00 am will be charged for parking. The PCOS Awareness Walk and 5K Run benefits the PCOS Foundation, which provides education and support to women with Polycystic Ovarian Syndrome (PCOS).