



TEAM HEART & SOLE

5K RUN / WALK CHARITY EVENT



Saturday March 30, 2013 @ 8:00 am
at Orange Elementary School

5K Run / Walk will benefit the Team Heart and Sole

- ▶ All ages and fitness levels are encouraged to participate
- ▶ Entry fee is \$20.00/ \$10.00 for 13 and under ----- (additional donations accepted)
- ▶ T-Shirts will be issued to all pre-registrants

REGISTRATION FORM

First Name _____

Last Name _____

Phone # _____

Street Address _____

City _____

State _____

Email: _____ @ _____

Checks payable to: Heart & Sole

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S	M	L	XL
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BIB #

AGE _____

SEX _____

T-shirt size (pre-register guarantee) _____

For official use _____

Waiver of Liability:

In consideration of participating in this event, I hereby indemnify and hold harmless American Cancer Society and all of their partners, from any and all liability for any injury suffered by myself or my minor child arising from or connected with this race. I assume all risks associated with running in this event, including, but not limited to, falls, contact with other participants, effects of the weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I acknowledge that I will obey all race rules and adhere to the establish race course and understand that any deviation from the race course may result in disqualification and or citation for traffic violations. I further acknowledge that I am solely responsible and assume all liability for any accident and injuries that may result from my deviation from the prescribed race course. By signing this I also authorize ACS and partners to use photographs, motion pictures, recordings, or other record of this event for legitimate purposes. In addition, I understand that if the race is cancelled by circumstances beyond the control of the organizers, my entry fee will not be refunded.

X: _____

ALL ENTRANTS MUST SIGN WAIVER

DATE _____

Partnering with the *Orange Area Training for Health* to promote physical fitness, healthy eating and healthy lifestyles for our community.

For further details please contact

Ron Rose-540-406-0619 runoath@gmail.com Please visit us and "Like" at www.facebook.com/taketheoath

Sarah Stanley -540-718-5911 kensgirl1@comcast.com

Forms can be dropped off at Piedmont Power Sports or Orange Family Physicians or go online to <https://runsignup.com/Race/VA/Orange/HeartSole5k>

