

6th ANNUAL

Pray~Hope~Believe Foundation Fourth of July 5K

Tuesday, July 4, 2017

Colerain Township Municipal Complex

4200 Springdale Road

Cincinnati, OH 45251

EVENTS

8:15 AM - Flag Ceremony

8:30 AM - 5K Run/Walk

9:30 AM - Free Superhero Sprint

PARTICIPANTS CAN FORM TEAMS!!!

A team award will be given for largest team!

For Run or Walk Divisions, Awards, Food, Parking: see website

Race will be Chip-Timed

Results: Complete results will be posted online later in the day.

All pre-registered entries with valid email addresses will be sent their results.



Funds from this event benefit:

The Pray~Hope~Believe Foundation

PHBF is an IRS approved 501(c)(3) nonprofit

Basket Raffle!

**CHILDREN'S
GAMES!**



**SPLIT-THE-
POT**

REGISTRATION OPTIONS

If you register (or have registration postmarked) by JUNE 30TH:

Ages 14 & Older - \$25

Ages 13 & Under - \$20

If you register between July 1st and race day:

Ages 14 & Older - \$30

Ages 13 & Under - \$25

Late Registration/Number Pickup:

Monday, 07/03/17 from 4pm-7pm

Colerain Municipal Bldg.

Race Day Registration/Package Pick-Up:

Starts at 7:00 AM

Includes Free T-Shirt

(while supplies last)

Upgrade to a Tech shirt \$10 extra.

<https://www.runningtime.net/races/pray-hope-believe-5k/>

2017 Pray ~ Hope ~ Believe 5K - Please submit one entry form per person

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ @ _____ Phone: _____

Team Name (if applicable): _____ Team Captain (if applicable): _____

Age (as of 7/4/17): _____ Sex: (Circle one) **M** **F** Event: (circle one) **5K RUN** **5K WALK** (walkers must not run at all)

Clydesdale and Athena Divisions (Optional – Runners only): **Men 200+lbs.** **Women 160 + lbs.**

T-Shirt: (circle one) **YS YM YL S M L XL XXL (Tech Shirt - Add \$10—Adult sizes only).** Pre-register to be guaranteed a shirt

Waiver: In consideration of the acceptance of my entry, I hereby waive, discharge and release on behalf of myself, my heirs, executors and assigns, all claims of any nature, including but not limited to damages, demands, actions, whatsoever in any manner, arising from my participation in the Pray ~ Hope ~ Believe 5K (PHB 5K), and do hereby release the Pray ~ Hope ~ Believe Foundation (PHBF), Running Time, LLC, Colerain Twp., USATF, coordinators, staff, sponsors, workers, officials and volunteers from any claim whatsoever arising from my participation in this event. I agree to abide by all the rules for participation, and acknowledge that the Pray ~ Hope ~ Believe Foundation (PHBF) may refuse or return my entry at its discretion. I attest and verify that I understand the risks involved in such a run/walk, and that I am physically fit and have trained adequately in preparation and I agree to pay for my own medical expenses in the case of an accident or illness regardless of whether I have authorized such expenses. I permit PHBF, Running Time LLC, and Colerain Township to use my likeness to advertise the PHB 5K.

Signature _____ Date _____

Parent's signature (for entrants under age 18) _____ Date _____

Make Checks Payable To: PHBF

Mail to: c/o Rick Merk, PHBF, PO Box 53236, Cincinnati, OH 45253