



# Heart and Soul 5K



5K RUN/WALK Sponsored by Hickory Junior Woman's Club

This race is to raise funds to help Ashley Hart and Linda Gales' families with medical expenses and cancer research. The 5K will take place on July 20, 2013 8:00 am at L.P. Frans Stadium in Hickory, NC. This event will occur rain or shine! Visit <http://heartandsoul5k.weebly.com/> for more info.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home/Cell Phone: \_\_\_\_\_ Gender: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age (on 7/20) \_\_\_\_\_

Shirt Size \_\_YS \_\_YM \_\_YL \_\_S \_\_M \_\_L \_\_XL \_\_XXL \_\_XXL

I plan to complete the 5K: \_\_run/walk timed \_\_run/walk untimed \*This is not a certified course

All early registered participants will receive a short sleeve shirt. Pre-register by July 5, 2013 in order to be guaranteed a shirt and pay \$20.00. After July 5<sup>th</sup> pay \$25.00. Any additional monetary donations gladly accepted. Water and healthy snacks will be provided to participants to refuel after your run. Overall male and female winners will receive medal and prize for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>. Medals will be awarded to the top runners in each age group, male and female. Age brackets will be in 10 year spans.

Disclaimer: I assume all risks associated with participating in this event known as Heart and Soul 5K, including but not limited to falls, contacts with other participants, the effects of the weather, traffic, and the conditions of the race course, as well as commuting to and from the event. All such risks being known and appreciated by me, having read this waiver and knowing these facts and in consideration of your accepting my entry, the race officials, volunteers and all sponsors, their representatives and successors are hereby and forever released from any and all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recording or any record of this event for any legitimate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\* Under 18, must have signed by legal guardian

Checks payable to HJWC (Hickory Junior Woman's Club)

Mail form and payment to:

Heart and Soul 5K

126 Buck Shoals Circle Hudson, NC 28638