



# WAIVER

## PLEASE READ AND SIGN!

I understand that participating in the Susquehanna Valley CASA Superhero 5K Run/Walk is completely voluntary. I acknowledge that inherent in this event is the risk of injury or damage from both known and unknown causes, both obvious and hidden conditions and circumstances for which were or were not specifically provided.

As a participant in this event, I, and anyone entitled to act on my behalf, hereby discharge Susquehanna Valley CASA, board members, employees, sponsors, volunteers, organizers, contractors or their representatives, and all cooperating businesses and organizations from all claims of damages, demands, actions, illnesses, injuries, death, and causes whatsoever in any matter arising from my participation or that of my child.

I attend and verify that I am, or my child (under 18), is medically able and have properly trained to participate in this event. I also give my full permission for such first aid as deemed necessary to be provided to me or my child on the premise or prior to transport to a hospital for further treatment.

I also understand that I may be photographed, filmed, or videotaped at the event. I hereby irrevocably grant to Susquehanna Valley CASA and its collaborators the absolute right and permission to use my likeness for any purpose, including commercial advertising.

Your signature indicates that you have read and agree with the above statements. **Parents must sign for children age 17 and under.**

Signature \_\_\_\_\_

Date \_\_\_\_\_

# WHO ARE WE?



Susquehanna Valley CASA—Voices for Children (SVCVC) is a 501(c)(3) nonprofit. We are dedicated and passionate community members who advocate for local abused and neglected children in the court system. We aid in ensuring each child thrives in a safe, nurturing and permanent home.

Children with a Court Appointed Special Advocate (CASA) volunteer:

- Leave the court system an average of 7 months sooner than children without an advocate.
- Do better in school and stay in school longer.
- Receive more needed services such as trauma counseling and Early Intervention.
- 50% never re-enter the Child Welfare System.

We invite you to add your voice to ours by helping the most vulnerable children in our community! Check out our website for more information and volunteer opportunities!



Susquehanna Valley CASA's

# SUPERHERO 5K

## RUN • WALK

Saturday, May 11, 2024

Lewisburg Area Recreational Park

# REGISTRATION & INFORMATION





Susquehanna Valley CASA—Voices for Children (SVCVC) is excited to be hosting our 8th annual Superhero 5K Run • Walk on **Saturday, May 11, 2024!** This important event will once again be held at the Lewisburg Recreation Park on St. Mary Street in Lewisburg, PA, and will feature family-friendly fun including:

- **Kids Fun Run** (Age 12 & under) - 9:30 AM
  - All children participating receive a medal!
- **Super 5K** - 10:00 AM
- **Prizes for runners, walkers, and best costumes** (kids + adults)
- **Children’s activities including visits from a few of their favorite superheroes!**

**REGISTER WITH SUPER SPEED ONLINE!**

**SUSQUEHANNAVALLEYCASA.COM**

(You will be linked to our online registration form on the Falcon Race Timing website)

You can also register by completing the form to the right and mailing it, along with the registration fee, to: Susquehanna Valley CASA  
 PO Box 885 Sunbury, PA 17801  
 (check payable to: Susquehanna Valley CASA)

# 2024 SUPERHERO 5K REGISTRATION FORM

First Name _____		Last Name _____	
Address _____		City _____	State _____ Zip _____
Email _____		Phone _____	
Emergency Contact _____		Emergency Contact Phone _____	

Male
  Female
  Age on race day \_\_\_\_
 I am participating in:
  5K Run
  5K Walk
  Kids Fun Run

Receive one free event shirt with each paid registration! Please circle your size: Shirt guaranteed if payment is received by April 26, 2024. Add \$15.00 for each additional shirt. Note: Kids Fun Run is free (no shirt provided unless purchased.)

Youth: S M  
 Adult: S M L XL  
           2XL 3XL 4XL

Participation Type	Registration through 4/26	Registration after 4/26	Quantity	Total Cost
5K Run/Walk All Ages	\$25.00	\$30.00		\$
Kids Fun Run (12 and under)	FREE			FREE
Additional shirt(s)	\$15.00			\$

Participating as part of a team? For teams of 5-9 members, take \_\_\_\_\_ 5% off registration fee – teams of 10 or more receive 10% off! Team Name \_\_\_\_\_

How did you see/hear about this event? (check all that apply)
  Website/Social Media
  CASA email
  Radio
  Friend/Relative/Co-worker
  PA Runners/Falcon
  Other \_\_\_\_\_

**IMPORTANT: PLEASE READ AND SIGN THE WAIVER LOCATED ON RIGHT PANEL!**