



Free Them

5K Run/Walk and 1 Mile Fun Run
Saturday October 21, 2017 8 AM

Packet pick up available Friday 4-6 pm at the CLC at Foley FBC
and Saturday 6:30-7:45am at the race.

Run for victims of modern day slavery.

Benefits: Hope Haven

Location: Foley First Baptist Church

Distance: 5K Run/Walk and 1 mile fun run

Entry fees:

5K Pre-registered: \$20 / Day of Race: \$25

1mile Fun Run Pre-registered: \$15 / Day of Race \$20.00

Children in strollers do not need to register.

Awards: Overall Male and Female as well as age group three deep.

Shirts: To guarantee a shirt on race day, you must submit your application by Sept. 27th

Post-Race Party: Food and beverages will be provided after the race. Supervised kid's zone.

Last Name: _____ **First Name:** _____ **Age:** ____ **Sex:** M F

Address: _____ **City, State & ZIP:** _____

Date of Birth: _____ **Phone:** _____ **Email:** _____

Event: 5K Run 5KWalk Fun Run **T-Shirt Size:** _____
YOUTH ADULT

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Hope Haven, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I hereby give my permission to the media to use my name and photograph in the newspaper, broadcast, and telecast of this event without limitation or obligation.

Signature of Participant _____ Date _____
(Parent/Guardian must sign for participants under 19)

Make checks payable to: Hope Haven

Mail completed applications and fees to: PO Box 906, Summerdale, AL 36580