



5K Run/Walk & Fun Run
 HEALING THE HEARTS OF TEENS ONE STEP AT A TIME

www.houseofhope5k.org



Mail-in Registration

Name: _____ Gender: M / F

Birth Date (mm/dd/yy): _____ Age on race day: _____

Address: _____

Phone: _____ E-mail: _____

Event (circle one): 5K Run/Walk Fun Run T-shirt Size (circle one): Adult S M L XL

Registration Fees

5K: \$25 (before Sept. 30, 2011) \$30 (after Sept. 30, 2011)
 Fun Run: \$10 (before Sept. 30, 2011) \$12 (after Sept. 30, 2011)

I know participating in a road race is a potentially hazardous activity and I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run safely. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, effects of weather, conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting of my entry, I, for myself and anyone entitled to act on my behalf, waive and release House of Hope Maryland, Inc., Montgomery County Road Runners Club, Montgomery County Government, the Town of Olney, MD, Oakdale Emory United Methodist Church, plus all event partners, sponsors, and volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver.

Further, I grant permission to all foregoing to use photographs, videotapes, motion pictures, or any other record of this event for any legitimate purpose. I understand that bicycles, skateboards, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

 Signature (Mandatory), if under 18, must be signed by legal guardian. Date
 Unsigned or illegible entries will be rejected.

Please make checks payable to: House of Hope Maryland 5K

Mail registration form no later than October 2 to:
 House of Hope Maryland 5K
 P. O. Box 9464
 Silver Spring, Maryland 20916

Be sure to visit us online at www.houseofhope5k.org!