

♥ Heart of Hospice Run/Walk ♥

A Fundraiser for Hospice & Home Care of Juneau at Twin Lakes

Race Date: April 9, 2016 (Saturday)

Start Time: 9:00 AM (registration begins at 8:15)

Location: Twin Lakes Shelter

Race Contact: Hospice and Home Care of Juneau: Nathan Lovik (907) 463-6145

Race Director: Myron Davis

Course Description:

The 5K run will be out and back along the Twin Lakes trail and road. The trail/road is flat and well maintained. There will also be a one-mile run/walk.

Join SERR/Announcements: southeastroadrunners.org

Distance

[] 5K
[] 1 Mile

ENTRY FORM

ENTRY FEES:

18 & Under - \$15 pre-register, \$20 Race Day

19 & older - \$20 pre-register, \$25 Race Day

Make checks payable to HHCJ Race 2016

LAST NAME _____

FIRST NAME _____

SEX M F AGE ON 4/09/16 DATE OF BIRTH mo - day - year

MAILING ADDRESS:

STREET or BOX _____

CITY _____

STATE _____ | ZIP _____ | PHONE _____ | Email _____

WAIVER AND RELEASE: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official in order to safely complete the run. I assume all risks associated with running and volunteering to work in club races. I am aware of the risks, which include falls, contact with other participants, the weather, road or trail conditions, and traffic. I have read this waiver and know the facts about running and road and trail races. In consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive any right I may have to pursue an action against the Southeast Road Runners Club, the Road Runners Club of America, Catholic Community Service, Hospice and Home Care of Juneau, and all sponsors, and the representatives and successors of these entities, for liabilities of any kind arising out of my participation in club activities, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Strollers, Dogs, Roller Blades, and Headphones are NOT allowed. ([Jogger Strollers Acceptable](#))

SIGNATURE _____

(UNDER 18 MUST HAVE PARENT OR GUARDIAN SIGN)

BIB NUMBER:

(for race officials only)