



# 7th Annual Hoof it For Haiti-Seeds of Hope 5K

*Together we are planting the seeds of hope for Haiti*

## Saturday, April 29, 2017

\* USATF Certified Course # CT11001JHP\*

8:30 AM: Kid's Fun Run starts (Ages 12 & under)

9:00 AM: 5K Run & Walk starts

*Start & Finish at*

*Sacred Heart Church, 910 Main Street South, Southbury, CT*

\$25 Pre-Registered by 4/25/17

\$30 On Race Day

\$20 Walkers

\$10 Kid's Fun Run (12 & under)

\*Registration fee waived with a minimum of \$100 raised in pledges\*

**FREE T SHIRTS TO THOSE REGISTERED BY APRIL 1st, 2017**

Online Registration closes @ midnight on 4/25/2017.

Mail in forms must be postmarked by Monday, April 24<sup>th</sup>.

Race day registration & race packet pickup 7:30-8:45

Awards for the Overall Male & Female 5K finisher & top 3 runners of each division

*Award ceremony & post race refreshments for all participants*

**REGISTER ONLINE!** Get race info & register online @ [www.hoofitforhaiti.org](http://www.hoofitforhaiti.org) or email [racedirector@hoofitforhaiti.org](mailto:racedirector@hoofitforhaiti.org)

**PLEASE MAKE CHECKS PAYABLE TO Sacred Heart Church with "Hoof it for Haiti" on memo line**

**Mail to: Sacred Heart Church, ATTN: HOOF IT FOR HAITI 910 Main St. South, Southbury, CT 06488.**

LAST NAME \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ **MALE\_\_\_ FEMALE\_\_\_**

DATE OF BIRTH: \_\_\_\_\_ AGE ON RACE DAY: \_\_\_\_\_ TSHIRT SIZE: \_\_\_\_\_

(Adult S/M/L/XL/2X/3X or Youth S/M/L)

Street Address: \_\_\_\_\_ Phone No: \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_ EMAIL: \_\_\_\_\_

(By providing email address I consent to receiving emails)

***\*PLEASE CHECK HERE:*** Runner:\_\_\_ Walker:\_\_\_ KID's Fun Run\_\_\_

I know that running/walking in a race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other runners/walkers, effects of weather, traffic and the conditions of the road. Having read this waiver and knowing these facts and in consideration of acceptance of this application, I for myself and anyone entitled to act on my behalf, waive and release race organizers, the town of Southbury/Rocky Hill, Sacred Heart Church/St. Elizabeth Seton and 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 grant permission to all of the foregoing to use any photographs, recordings or any other record of this event for any legitimate purpose. **I also understand that the following are prohibited on the race/walk course: Baby strollers & baby joggers, wagons, pets on leashes, inline skates, skateboards, scooters, bicycles, mp3 players, ipods and personal headphones.**

**MUST PROVIDE SIGNATURE (and if under 18, parent or legal guardian must sign)**

**Date**