

WAIVER & RELEASE OF LIABILITY

1. In consideration of the acceptance of this entry, I hereby, for my heirs, executors and assigns, release and discharge the sponsors and operators of the St. Anthony Catholic Parish 5K/10K & Honor Walk and their agents, employees and volunteers from any and all claims for damages suffered by me as a result of my participating in or traveling to or from said event held on May 25, 2015. I specifically release and discharge said operators and sponsors from all injuries or damages arising from or contributed to by any physical defect that I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such an event, the same being my sole responsibility. I also give my permission for the free use of my name and picture in any broadcast, telecast or other written account of the event. I also understand that the entry fee is non-refundable for any reason.
2. I have been informed that I should consult with a physician concerning my participation in an exercise program and obtain from a physician, advice as to how I should participate in relationship to my state of physical condition. I either have obtained such advice from a physician or acknowledge that I have decided to participate in exercise programs without obtaining the advice of a physician.
3. I understand the Waiver and Release of Liability above are stated in broad terms. If portions of this Waiver and Release of Liability are held invalid, the remainder will continue in effect.
4. I have read this Waiver and Release of Liability and understand the rights I am giving up by signing it.

Signature: _____

Guardian Signature (under 18): _____

Date: _____



**American
Red Cross**



RUN FOR THE HEROES

St. Anthony Catholic Parish
2536 West Hoffmeyer Rd
Florence, SC 29501

843-662-1910
runfortheheroes@saintanthony.com
www.carolinarunningcompany.com
Runsingup.com



**5k/10k Run
& Honor Walk
May 30, 2016**

2536 West Hoffmeyer Rd
Florence, SC 29501

843-662-1910



Join us on the morning of Memorial Day in honor of our country's servicemen and women and their families in the seventh annual **Run for the Heroes** event.

Runners & Walkers are welcome and all registered participants will be treated to a post race "Red, White, & Blue" pancake breakfast at the conclusion of the event.

Proceeds will benefit St. Anthony School and the American Red Cross.

EVENT SCHEDULE

6:30 a.m. Packet Pick Up and Registration/Check-In

7:30 a.m. Memorial Day Military Tribute/Welcome

8:00 a.m. – **Race begins!**

8:15 a.m. **Walk begins!**

Awards will be given to Overall Male and Female in 5K & 10K & Masters 5K & 10K. Awards will be given for the top 3 Male & Female racers in each age division. Must be present to receive awards or make prior arrangements with race director.

Certified course for the 10K and 5K event. Run for the Heroes is a designated **Pee Dee Grand Prix Event**.

Race Coordinated by Carolina Running Company.

Sponsorships for this event are available. All interested individuals and companies should contact 843-662-1910 to find out more about supporting this event.

ENTRY FEES



Early Registration by May 20th 10K– receives t shirt	\$20.00
Early Registration by May 20th 5K– walk or run– receives t-shirt	\$20.00
Early Registration by May 20th Honor Walk Individual Honor Walk Family	\$10.00 \$15.00
Registration after May 20th or Day of the event 10K– walk or run	\$25.00
Registration after May 20th or Day of the event 5K Walk or run	\$25.00
Registration after May 20th or Day of the event Honor Walk Individual Honor Walk Family	\$15.00 \$20.00
Military Rate-service member 10K or 5K Honor Walk	\$15.00 Free
Extra T-shirt Late registrants not guaranteed a t-shirt on race day	\$8.00 Each

REGISTRATION

NAME: _____	DOB: _____ AGE: _____
ADDRESS: _____ _____ _____	MALE: _____ FEMALE: _____
EMAIL: _____ PHONE: _____ MILITARY PERSONEL Y/N: _____	DIVISION 5K: _____ 10K: _____ HonorWalk: _____
T-SHIRT SIZE: _____ Size choice is Adult S– 2XL EXTRA T-SHIRT(S): _____ List Size _____	CHECK AMOUNT \$ _____

RUNNER AGE GROUP

- | | |
|--------------------------------------|--------------------------------------|
| ☐ 10 & under | ☐ 30-39 years |
| ☐ 11-14 years | ☐ 40-49 years |
| ☐ 15-19 years | ☐ 50-59 years |
| ☐ 20-29 years | ☐ 60 & over |

In Honor of or Memory of (circle one):

SEND THIS PANEL TO

Make Checks Payable to
Friends of Saint Anthony
2536 West Hoffmeyer Rd
Florence, SC 29501

Phone: 843-610-1910

www.carolinarunningcompany.com

Email: runfortheheroes@saintanthony.com