



*Hannah's  
Gifts of Hope*

**5K Run/Walk Fundraiser in Memory of Hannah Grace Harrison**

*Sponsored by The Foundation Fitness Center*

*Saturday, October 23, 2010*

*5K Run/Walk 8:00 am*

*The Foundation Fitness Center*

*17960 US Hwy 431 South, Suite 107, Headland, AL 36345*

**Place: Registration will begin at 6:30 am at the Foundation Fitness Center.**

**Course: Level course through downtown and residential sections of Headland. Aid stations at each mile. Refreshments will be served at the end of the race.**

**Entry Fee: \$20.00 for 5K if mailed before October 15<sup>th</sup>. \$25.00 on race day. T-shirts will be \$20.00 . Pre-register to reserve your correct shirt size on race day.**

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**Hannah's Gifts of Hope 5K Run/Walk Fundraiser Waiver**

I know that running a road race is a potentially hazardous activity. 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 safely complete the run. I assume all risks associated with running in this event including, but not limited to falls, contact with other participants, the effects of weather, including high heat and /or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. 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 The Foundation Fitness Center LLC, Hannah's Gifts of Hope Fundraiser Run, the City of Headland, and all race sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the Hannah's Gifts of Hope 5K run/walk fundraiser in memory of Hannah Grace Harrison on October 23, 2010.

Name(print)\_\_\_\_\_Age(on 10/23/10)\_\_\_\_\_

Date of Birth\_\_\_\_\_Sex\_\_\_\_\_Email\_\_\_\_\_

Address\_\_\_\_\_City\_\_\_\_\_State\_\_\_\_\_Zip\_\_\_\_\_Phone\_\_\_\_\_

Circle One: 5KRun/Walk T-Shirt 5KRun/Walk & T-Shirt

Circle Shirt Size: Adult Sm Adult Med Adult Lg Adult XL Child Sm Child Med Child Lg

Amount Enclosed \$\_\_\_\_\_

Signature\_\_\_\_\_Date\_\_\_\_\_

(Parent or guardian must sign if entrant is under 18)

**Make Checks payable to Hannah's Gifts of Hope and mail to: The Foundation Fitness Center, 17960 US Hwy 431, South, Suite 107, Headland, Alabama 36345. For more information contact Jay Jay Parker @ The Foundation Fitness Center @ 334 693-3488. thefoundationfitness@yahoo.com**