

GENERAL REGISTRATION



INDIVIDUAL REGISTRATION FORM

Saturday, October 22, 2016 • Registration starts 8:00 AM
William Land Park • Sacramento, CA

Registration also available online at www.runforasafehaven.com

Please pick up your Run Shirt and Pre-Race Packet
on Friday, October 21, 2016 at:
Fleet Feet, 2311 J St, Sacramento, CA 95816
Pick up Hours: 10:00 AM - 6:30 PM

13th Annual Run for a Safe Haven 5K Run/Walk & Kids Half Mile

Gender: Male Female Age: _____ (on race day)

Date of Birth _____

First Name (please print clearly) Last Name

Street Address Apt. Number

City State Zip

Daytime Phone Evening Phone

Email Address

Please check one of the following: You will be placed in the untimed run/walk if unchecked.
NO CHANGING FROM UNTIMED TO TIMED ON RACE DAY.
Questions? 916-930-0626 or info@my-sisters-house.org

5K TIMED RUN 5K UNTIMED RUN/WALK KIDS HALF MILE

Select Shirt Size*

5K Run/Walk (unisex t-shirt)
*No t-shirt with standard registration

SM M L XL
 XXL

Kids Run Shirt

Registration Entry Fees

Received by October 15, 2016	Received after October 16, 2016 or on Race Day	Team Registration
<input type="checkbox"/> \$37 Adult 5K with dri-fit t-shirt <input type="checkbox"/> \$35 Adult 5K <input type="checkbox"/> \$25 Youth 5K (Under 18) FREE dri-fit t-shirt <input type="checkbox"/> \$10 Kids Half Mile (12 & under) FREE dri-fit t-shirt	<input type="checkbox"/> \$42 Adult 5K with dri-fit t-shirt <input type="checkbox"/> \$40 Adult 5K <input type="checkbox"/> \$30 Youth 5K (under 18) FREE dri-fit t-shirt <input type="checkbox"/> \$15 Kids Half Mile (12 & under) FREE dri-fit t-shirt	<input type="checkbox"/> \$300 per team (minimum of 10) <input type="checkbox"/> \$32 each with dri-fit t-shirt <input type="checkbox"/> \$30 each member Team Captain: _____ Team Name: _____
<input type="checkbox"/> I would like to donate \$ _____ for a domestic violence survivor(s) to participate. Total amount enclosed: \$ _____ <small>Make check payable to "My Sister's House" and mail to: 3053 Freeport Blvd., #120, Sacramento, CA 95818. Charitable Tax ID: 68-0464114</small>		Each Team Member must complete and sign an Individual Registration Form.

WAIVER: In consideration of your accepting this entry, I, intending to be legally bound, do hereby for myself and my heir, executors, administrators waive and release, any and all rights and claims or damages I may accrue against the persons and organizations affiliated with the race for any and all injuries that may be suffered by me or enroute to and from the event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last 6 months. As part of this waiver I acknowledge that I have read and understand the above.

Signature Printed Name Date

Parent/Guardian Signature for all participants under 18 Date

ALL ENTRANTS MUST EACH HAVE A SIGNED ENTRY FORM.

Registrant Pledge Form - Thank you for fundraising on behalf of My Sister's House. Please complete this form so we can send appropriate acknowledgement to you and all pledge donors.

 First Name Last Name

 Age Phone

 Address City, State Zip

 Team Name (if applicable)

Total Funds Raised: \$ _____

To qualify for event recognition and award ceremony all pledges must be submitted to My Sister's House by Sunday, October 16, 2016. Please send to 3053 Freeport Blvd. #120, Sacramento, CA 95818.

Pledges

	Name	Address, State, Zip	Phone	Amount	Paid (y/n)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					