

Break Away 5k

Registration and Waiver Form

*Break Away 5k is a run/walk founded by Heather McAllister to support Hearty House in Frederick, Maryland. For over 35 years, Hearty House has been helping Frederick County residents who have been impacted by domestic violence, sexual assault, and child abuse. Come join us for this 4th annual event on **Saturday, March 16th, 2019**. Thank you for your support!*

Find us on Facebook: www.facebook.com/BreakAway5k

Register: <https://racewire.com/register.php?id=9949>

Event Details

Date: Saturday, March 16th, 2019

Time: Race Start time is 10 am

- Early packet pick-up: Friday, March 15th at *If the Shoe Fits* (time TBD)
- Late Registration and Packet Pick-Up: Saturday March 16th at 7:30 am at race site

Location: William Talley Recreation Center

Located at the corner of 2nd and Bentz Street in Frederick, MD.

Entry Fees:

\$25 for Adults

\$15 for students age 7-17

Children 6 and under are free

Awards:

- All registered children will receive a medal.
- Awards to the top three male and female 5k finishers, plus first place awards in these age groups: 17 and under, 18-29, 30-39, 40-49, 50-59, 60-69, 70+



**WE RUN SO SHE
DOESN'T HAVE TO!**

RACE TO END DOMESTIC VIOLENCE

Race Entry Form:

Name:

Address:

City:

State: Zipcode:

Email:

Age on race day March 16th, 2019:

Sex: Male Female

Long sleeve t-shirt size (must register by February 14th):

S M L XL

Donation Amount:

Please make checks payable to Heartly House

(Please note Break Away 5K in the memo)

Waiver: In consideration of the acceptance of my entry, I for myself, my executors, administrators and assigns, do hereby release and discharge Break Away 5k, race volunteers and officials, Heartly House, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event, including injury, loss or damage to personal property, or the carelessness on the part of the persons named in this waiver. This waiver is specifically intended to waive any and all claims against Break Away 5k, race volunteers and officials, Heartly House, and all sponsors, their representatives and successors that arise out of its/their own negligence. I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to run/walk in this event. Further, I grant permission to all of the foregoing to use any photograph, or recordings of this event for legitimate purposes. I understand that no bicycles, roller-blades/skates, or scooters are allowed on the course, and I hereby agree to adhere to this. Any participant who goes off course will forfeit all rights to any prizes or recognition. **If the participant is under the age of 18, a parent or guardian must sign.**

Signature:

Date

Please return this form with your check.

Mail to:

Heartly House

P.O. Box 857

Frederick, Maryland 21705

For more information, please
contact:

Heather McAllister

phone: 240-801-9079

email: BreakAway5k@gmail.com

