

WE CAN BE HEROES 5K



Safe Homes of Orange County

SUNDAY, APRIL 14, 2019

5K & Kids Fun Run / Newburgh, NY

START/FINISH

Newburgh Free Academy
201 Fullerton Ave, Newburgh

5K COURSE

Starting and finishing on the high school track, this well-marked and well-supported course winds through some of the city's most beautiful neighborhoods.

RACES

8:15 AM – **1 mile Kids Fun Run**
Kids 14 & under only

8:30 AM – **¼ mile Kids Fun Run**
Kids 6 & under only

9:00 AM – **5K Run and Walk**
All ages

GET IN THE SPIRIT

We're big believers in everyday heroes and encourage YOU to be the hero of your own story.

Dress up as your favorite hero—personal hero, superhero—the sky is the limit!

Register online at: www.safehomesorangecounty.org/heroesrun

100% of race proceeds will benefit Safe Homes of Orange County's mission to work toward the elimination of intimate partner violence and human trafficking by providing comprehensive support services to victims and their children, and by increasing public awareness about these issues and encouraging accountability for perpetrators.



“WE CAN BE HEROES” REGISTRATION FORM

Please complete one form for each participant.

Today's Date:		BIB #: (office use only)			
Participant First Name:		Participant Last Name:			
Street Address 1:		Street Address 2:			
City:	State:	Zip Code:			
Phone Number:		Email Address:			
Birthdate: (mm-dd-yy)	Age on Race Day:	Gender: <input type="checkbox"/> M <input type="checkbox"/> F <input type="checkbox"/> Neutral			
Participant listed above is registering for the: <input type="checkbox"/> 5K Walk/Run (all ages) <input type="checkbox"/> 1-mile Kids Fun Run (ages 14 and under <i>only</i>) <input type="checkbox"/> 1/4-mile Kids Fun Run (ages 6 and under <i>only</i>)		Please make checks payable to “Safe Homes of Orange County”. On race day, cash, check, or credit card will be accepted. To register online with a credit card, please visit: www.safehomesorangecounty.org/heroesrun Parents/Guardians are welcome to run alongside their Kids Fun Run participant(s)!			
Registration Fee: <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> 5K Walk/Run <input type="checkbox"/> \$25 (now until March 31) <input type="checkbox"/> \$30 (April 1 - April 13) <input type="checkbox"/> \$35 (Race Day) </td> <td style="width: 50%; vertical-align: top;"> Kids Fun Run <input type="checkbox"/> \$10 (now until March 31) <input type="checkbox"/> \$10 (April 1 - Race Day) </td> </tr> </table>		5K Walk/Run <input type="checkbox"/> \$25 (now until March 31) <input type="checkbox"/> \$30 (April 1 - April 13) <input type="checkbox"/> \$35 (Race Day)	Kids Fun Run <input type="checkbox"/> \$10 (now until March 31) <input type="checkbox"/> \$10 (April 1 - Race Day)		
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<p>REGISTER BEFORE APRIL 1st and receive a free official race T-shirt!</p> <p>T-shirts will also be available for purchase on race day, while supplies last.</p> <p>Select T-shirt size: Adult <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL Youth <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL</p>					
Emergency Contact:		Phone Number:	Relationship to Participant:		

I know that running or walking in a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the “We Can Be Heroes” 5K & Kids Fun Run, Safe Homes of Orange County, the City of Newburgh, and all event 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 my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Participant Signature:	Date:
Parent/Guardian Signature: (if participant is under 18)	Date:

Return completed form to:
 Events & Community Engagement Manager
 Safe Homes of Orange County
 PO Box 649, Newburgh, NY 12551

For more information, contact Jennifer Turner at:
 Email: jturner@safehomesorangecounty.org
 Phone: (845) 562-5365 ext. 101
 Website: www.safehomesorangecounty.org/heroesrun