



2010 Registration Form

Register on-line at:
www.getentered.com
 or www.active.com
 (thru September 17th)
processing charge applied

5K Family Fun Run & Walk

September 26, 2010
 Onondaga Lake Park

Run starts at 9:00 am
 Walk starts at 9:30 am
 Team Photos at 10:00 am
 Prizes will be awarded at 10:30 am
 On-site registration 8:00 - 8:30 am

I am participating as: An Individual A Team/Family

5K Run 5K Walk Team Name _____ Number in Team or Family _____

Personal Information Please print and include all information. Only legible and complete forms are accepted.

Name _____ State/Province _____
 Age on event day (if under 21) _____ Zip/Postal Code _____
 Address _____ Day Phone No. _____
 City _____ e-mail _____

Each participant registered by Sept 17 will qualify for a T-shirt. Quantities may be limited - T-shirts are not guaranteed.
 Please indicate shirt size after each name

Team Member 1. _____ Team Member 2. _____ Team Member 3. _____

Team Member 4. _____ Team Member 5. _____ Team Member 6. _____

Waver: In consideration of your accepting this entry, (I, below signed), intending to be legally bound for myself, my heirs, executors, administrators and waive and release all rights and claims for damages I may have against the organizers of Heather's TEAL Ribbon Walk, Hope for Heather, Onondaga County Parks and Recreation, Onondaga County, City of Syracuse, U.S. Federal Government, and its sponsors, successors or representatives for any and all injuries suffered by me whether to person or property at said event or while traveling to or returning from. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been recently verified by a licensed medical doctor. Further I grant full permission to use photographs, videotapes, motion pictures, and records of me, or any other record of this event, for any legitimate purposes. This entry is invalid unless signed by entrant. If entrant is under 18 years of age, parent or guardian must sign entry. The race committee reserves the right to reject any entry.

Participant's signature (Parent signature if under 18 years of age): _____

Registration Fees

Individual or Team Captain:
 until September 17th - \$20
 after September 17th - \$25 _____

Team Members: (each)
 until September 17th - \$15
 after September 17th - \$20 _____
 4 members per team min.*

Registrant T-shirt (choose one)

Registration by Mail and On-line
 until September 17 to qualify for
 a complimentary event T-shirt

On-line registration at
www.getentered.com or
www.active.com
 thru September 17, 2010.

Adult small Adult medium

Adult large Adult XL

Total Paid _____

* Children 5 and under are free, welcome but do not count as team members.

Payment Check (Payable to "Hope for Heather")

Mail to: Hope for Heather
 PO Box 2208, Liverpool, N.Y., 13089



Angel for the Tree of Hope

Honor a friend or loved one at the walk. Receive an annual reminder of the hope you have planted.



We will place an "Angel on the Tree of Hope." Use this Angel to honor or remember a loved one. Take home the angel and place it in the ground and wildflowers will grow. An annual reminder of the hope you have planted. The Angel of Hope is biodegradable material with wildflower seeds inserted.

Requires a \$5 donation for each Hope Angel. Requests must be received by September 17, 2010.

I would like to Honor or Remember:

_____ print name as you wish it to appear

_____ additional name

_____ additional name

Donor's Name:

_____ print your name here

Mail To:

Hope for Heather
 P.O. Box 2208

Liverpool, NY 13089

www.hopeforheather.org

