

HRC FITNESS

Charity

5K



SUNDAY, OCTOBER 12, 2014

**5K RUN, 1 MILE WALK, and
DASH for DOWN SYNDROME**
*Benefiting
GiGi's Playhouse*

EVENT INFORMATION: HRC Fitness is hosting the first Annual *Charity 5k Run, 1 Mile Walk, and Dash for Down Syndrome* to help establish a local GiGi's Playhouse Down Syndrome Achievement Center in Central NJ.

TIME: 8am 5K Check in, 9am 5K begins
9:30am Walk begins

11am Dash for Down Syndrome Check in

LOCATION: 30 Brower Lane, (formerly 345 Amwell Road) Hillsborough, NJ 08844

RACE/WALK FEE: Early registration \$30; Day of \$35 (race shirts limited).

COURSE: The FLAT 5K course is USATF Certified that will take you through the autumn scenery that encompasses multiple neighborhoods of Hillsborough Township.

AWARDS: There will be race awards for age groups and teams. Each participant will receive a commemorative race shirt and an accompanying goodie bag provided by our race sponsors.

AMENITIES: First 200 registered racers are guaranteed race t-shirt and goodie bag. All participants will receive post-race refreshments.

PARKING: Details on available parking will be posted online.

Join us for our **Fall Festival** immediately following 5K. Festival will include food, activities, and entertainment for the whole family.



For more information visit:

- Raceforum.com/hrcfitness
- HRCFitness.com

To register for Dash for Down Syndrome, visit Gigisplayhouse.org

Registration Form

Full Name: _____ Gender: Male / Female (circle one) Age: (on race day) _____

Mailing Address: _____ City _____ State _____ Zip/Postal _____

Phone: (____) _____ Email: _____

Activity: (circle one) Running / Walking Shirt Size: (CIRCLE ONE) Men's S M L XL 2XL Women's XS S M L XL 2XL

PAYMENT: Secure online payment with debit/credit card: **TBD** Please indicate payment method Cash, Check or Money Order payable and sent to: *HRC Fitness 30 Brower Lane, Hillsborough NJ 08844*

EVENT DISCLAIMER: Please review the following waiver and disclaimer. **By adding your signature, you accept this waiver and disclaimer.** Waiver and Release: By participating in this Event, I do so at my own risk. I assume all risk of injury, illness, damage or loss to me or my property that might result, including without limitation, any loss or theft of personal property. I consent to medical treatment in the event of injury, accident and/or illness during the Event. I agree on behalf of myself (and my personal representatives, heirs, executors, administrators, agents and assigns) to release and discharge the organizers of this event, its principals, its officers & directors, its employees, all sponsors and their representatives and employees from any and all claims or causes of action (known or unknown) arising out of their negligence. I acknowledge that I have carefully read this 'Waiver and Release' and fully understand that it is a release of liability. By my signature below, I am waiving any right that I may have to bring legal action to assert a claim against any and all Event sponsors for their negligence. I hereby grant full permission to any and all of the foregoing to use my name and likeness in any broadcast, telecast, video or print media reporting or advertising of the Event without compensation.

If under age 18, parent/guardian signature is required.

Signature: _____ Date: _____