

Run for Haiti 5K

March 7, 2010



Run for Haiti 5K and Fun Run Registration Form

Sunday, March 7, 2010 • 9:00 AM Start • South Lakes HS • Reston, VA

In the aftermath of the devastating earthquake that struck Haiti on January 12, Potomac River Running announces the *Run for Haiti 5K and Fun Run* on Sunday, March 7 at 9:00 AM. All race proceeds will be donated to the American Red Cross Haiti relief efforts to support the thousands needing medical treatment and basic supplies.

The 5K will be staged at South Lakes High School (11400 South Lakes Drive) in Reston, VA. The course will run on the asphalt paths throughout scenic Reston, with the start and finish on the South Lakes High School track. To help maximize donation efforts to the victims, race t-shirts will not be included in the race registration. Rather, a donation bin will be available on race day to collect old race t-shirts from participants. These shirts will be personally delivered to those in need by Moise Joseph, Haitian Olympian in the 800 meters and a PR= employee.

Registration & Packet Pickup

Obtain link to register online at www.potomacriverrunning.com. It's fast, easy, and you will receive immediate confirmation of your entry. Alternately, you may mail the completed entry form, or fax to 703-729-7645. You can also register for the race and pick up your race packet at the following location:

Saturday, March 6, 12 PM - 7 PM

Potomac River Running Store, Reston (11911 Democracy Dr., Reston, VA 20191) 703•689•0999

Sunday, March 7, 7:00 AM - 8:15 AM

Race Staging Area – South Lakes HS (11400 South Lakes Dr.)

Registration Fees

\$25 for 5K until 6:00 p.m. on 3/5

\$30 for 5K on 3/6 and race day

\$15 for Fun Run/Walk until 6:00 p.m. on 3/5

\$20 for Fun Run/Walk on 3/6 and race day.

Register online at www.potomacriverrunning.com, or you may pay by check, money order or Visa/Mastercard

Make checks payable to: PR Events, Inc. • **Fax:** (703) 729-7645 (credit card required)

Mail to: PR Events, Inc., Attn: Cathy Pugsley, 2 Awsley Ct., Potomac Falls, VA 20165

PLEASE NOTE: We cannot process your application unless the liability waiver at the bottom of this application is signed by each entrant. If entrant is under 18, an adult must sign on his or her behalf.

Name _____

M/F _____ Age on Raceday _____

Address _____ City _____ State _____ Zip Code _____

Phone (____) _____ E-mail _____

Payment

\$25 for 5K until 6:00 p.m. on 3/5

\$30 for 5K on 3/6 and race day

\$15 for Fun Run/Walk until 6:00 p.m. on 3/5

\$20 for Fun Run/Walk on 3/6 and race day.

Form of Payment:

check money order Visa/Mastercard #: _____ Exp. date (mm/yy): _____

Total Amount Paid: \$ _____

I know that running a road race is potentially hazardous and that I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, effects of weather, traffic and road conditions, all such risks being known by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers of the Run for Haiti, South Lakes High School, Potomac River Running, Inc., PR Events, Inc., Reston Association (RA) and all other sponsors, their representatives, directors, officers, employees and agents and successors from all claims or liabilities of any kind including bodily injury, death, or property damage arising from my participation in this event or carelessness on the part of the persons named in this waiver. I assume full responsibility for all liability in connection with such claims, and for having insurance for me. I agree to indemnify organizers of the Run for Haiti, South Lakes High School, Potomac River Running, Inc., PR Events, Inc., Reston Association (RA) harmless against such claims and related costs, including claims by any minor, which may be brought after attaining majority. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature _____ Date _____

Signature of parent /guardian if under 18 years of age date _____