



2019 Registration Form

Details at www.tealribbonrun.org

Sponsored by:



I am participating as: An Individual A Team/Family

5K Run 3K Walk Team Name Number in Team/Family _____

Note: 3K and 5K participants must fill out a Registration Form and sign the waiver below. Kids Dash free registration on line only.

Note: Kids dash FREE registration at www.tealribbonrun.org

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

Name Gender: Male Female I am a Cancer Survivor!

Age on race day _____ Birthday / / State/Province Zip/Postal Code

Address Day Phone No. - -

City Email

Waiver: In consideration of your accepting this entry, (I, below signed), intending to be legally bound for myself, my heirs, executors, administrators, waive and release all rights and claims for damages I may have against the organizers of The TEAL Ribbon Run, Hope for Heather, Village of Minoa, Town of Manlius, Onondaga County, 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 the entry form. The race committee reserves the right to reject any entry. This event is Rain or Shine. If the event must be canceled for safety or any reason, your registration is considered a donation for Ovarian Cancer research and awareness. No Refunds after registration.

Participant's Signature

(Parent signature if under 18 years of age):

Registration Fees

Each participant registered by Sep 12th will qualify for an event T-shirt. Quantities are limited-T-shirts are not guaranteed

Per person fees for participation: (Children 5 and under are free- no t-shirt)

5K Run/3K Walk
Kids Dash – Free on-line registration

May 22nd thru July 21st = \$25
July 22nd thru Sept. 2nd = \$30
Sept. 3rd thru Sept. 12th = \$35
Sept. 13 - 18 (No Event Shirt) = \$35
Added cost for XXL size = \$ 5

Total Registration Amount _____

Extra Donation Amount _____

Total Paid _____

Payment Check (payable to "Hope for Heather")

Mail to: Hope for Heather
PO Box 2208, Liverpool, NY 13089

Registrant T-shirt (Choose size)

No T-shirt Adult Small Child Small
 Adult Medium Adult Large Child Medium
 Adult XL Adult XXL (Add \$5) Child Large

(Registrations received after Sept 12th, T-shirt is not guaranteed)

Funds Raised Benefit Ovarian Cancer Research Awareness and Local Support:
Heather's Angel Fund at Upstate Cancer Center (\$25,000)
Sisters in Strength, Ovarian Cancer Research Alliance (\$75,000)

Hope for Heather is an IRS 501c3 charity, your donation may be tax deductible

5K Certified Run, 3K Walk & Kids Dash

EVENT SCHEDULE

September 21, 2019
at Lewis Park, Minoa NY

On-site registration 8:00 - 9:30 am
Kids Dash starts at 9:30 am
5k Run starts at 10:00 am
3k Walk starts at 10:10 am
Prizes awarded at 11:30 am

See TealRibbonRun.org for schedule and award details



Event T-Shirt

Registration received by Sept. 12 includes a complimentary T-Shirt. (The shirt color and design will vary from the image shown)



Many Thanks for Supporting the 2019 Teal Ribbon Run/Walk