

Register online at hereforthegirls.org/run or mail in form below:

Please make checks payable to Here for the Girls, Inc. Drop off or mail entry form and check to:

Here for the Girls, Inc. - 1309 Jamestown Rd., Suite 204, Williamsburg, VA 23185

NAME _____ M _____ F _____ BIRTH DATE ____/____/____ AGE ON RACE DAY _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

Would you like to create or be added to a team (optional): NO YES, TEAM NAME : _____

EVENT REGISTRATION (CHOOSE ONE)

5K AWARDS: Top three overall men and women. The top three finishers in each age group (19 and under; 20 -24; 25 - 29; 30 - 34; 35 - 39; 40 - 44; 45 - 49; 50 - 54; 55 - 59; 60 - 64; 65 - 69; 70 and over) **5K COMPETITIVE WALKER**

AWARDS: Top three overall men and women. **OTHER AWARDS:** Best costume, best bra, and most pinked-out team!

___ 5K run/walk (\$35.00)

___ 5K competitive walk only (\$35.00)

___ 1 mile fun run/walk (\$25.00)

___ In Honor/In Memory Dedication (\$5.00)

___ Virtual - Packet Pickup (\$30.00)*

___ Virtual - Packet Mailed (\$35.00)

*A change fee will be applied to all virtual participants that decide to run/walk the day of the race

A virtual race is a race that can be run/walked at any location and distance. You can walk, use the treadmill, run outside, or participate in another race. Run your race at your pace wherever you like, just complete by the end of December 2022. For extra fun, submit your run/walk photos, time, and race experience on Facebook, Twitter, or Instagram and tag them with #RunForTheHills! Virtual participants will receive T-shirt and participant medal via mail but are not eligible for winners' awards.

T-SHIRT SIZE (circle one): Deadline is October 1st. Shirt size is not guaranteed for race day registrants.

Toddler: 2T 3T 4T 5T

Youth: S M L XL

Unisex: S M L XL 2XL

BREAST CANCER SURVIVORS ONLY: YES or NO

EVENT WAIVER

In consideration of you accepting this entry, I, the participant, intending to be legally bound and hereby waive or release any and all rights and claims for damages or injuries that I may have against the Event Director, Here for the Girls, Inc., James City County, Colonial Sports, Colonial Road Runners, and all of their agents assisting with the event, sponsors and their representatives and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I also authorize the use of photographs or videos that include my image for promotional, informational, or other reasons deemed to be in the best interest of the event. If I choose to run/walk with a pet or stroller, I understand that I do at my own risk and at the risk of the child or pet with me. No skateboards or skates allowed. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above waiver.

SIGNATURE

DATE

PARENT'S SIGNATURE

DATE

ALL PROCEEDS BENEFIT:

Here for the Girls Inc., a 501(c)(3) non-profit organization improving the lives of young women affected by breast cancer.