



The Heather A. Freeman Foundation

P.O. Box 25 Watertown, NY 13601 www.heatherafreemanfoundation.com

RUN TO THE SUN 2017 SATURDAY ~ MAY 13

Registration Form

Full race details or secure online registration at
www.heatherafreemanfoundation.com

Registration forms must reach us by 5/2 to be guaranteed a T-shirt.

- DROP OFF @ Davidson Nissan [Outer Washington St] Watertown, NY
- or MAIL to HAFF, P.O. Box 25 Watertown NY 13601
- Checks can be made out to **HAFF**.

PLEASE CUT ALONG DOTTED LINES

Name _____

D.O.B. ____ / ____ / ____ age on 5/13/17 ____ (Please Circle): Male/ Female

Address _____

City _____ State _____ Zip _____

Email _____

Phone _____

Race (Please Circle): 5k 10k Half Marathon

Shirt style (Please Circle): Male: S M L XL XXL

Female: S M L XL

Youth: S M L

Amount paid _____

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions 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, and effects of the weather, including heat and/or humidity, lightning, and extreme cold, traffic and the conditions of the road such risks being known and appreciated 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 Heather A. Freeman Foundation and event volunteers, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all the foregoing to use my name and images of myself in any photographs, motion pictures, results, publications or any other print, video graphic, or electronic record of this event for legitimate purposes.

Signature _____ Date _____

Parent or Guardian's Signature _____ (if under 18)

OUR MISSION:
"TO EMPOWER OTHERS TO DO THE BEST THEY CAN
IN THE PURSUIT OF HAPPINESS"