

PEAK Fitness Company Event

3.1 Mile Run - 1.5 Mile Walk - Kids Fun Run

Presented By HCM Foundation & PEAK Fitness Company

Saturday October 23, 2010 - Wilson Park - Wayne, PA

- Schedule:** Registration starts at 6:45am - Run & Walk Start at 8:00am
Location: PEAK Fitness Company - 640 Lee Rd - Suite 120, Wayne, PA 19087
Course: A flat to gently rolling course traversing the famous Wilson Park
Amenities: Refreshments at finish, great raffles, family fun, terrific cause!
Benefits: FAMILIES IN OUR COMMUNITY FIGHTING CANCER
More Info: Visit our website at www.hcmfoundation.org, email at HCMFund@gmail.com

Register for the run or walk by 9/30 and receive a high quality custom technical t-shirt

Awards

Special awards in the 5k to the top overall male & female winners and top 3 male & female in each age group: 11 & under, 12-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over. Ribbons will be awarded to all kids run participants!

Event limited to the first 200 registered participants - register early to hold your spot!

Registration & Fees

Pre-registration fee via this form must be postmarked by **Thursday September 30th, 2010**. To register online please go to www.hcmfoundation.org/peakfitnesssevent.html - click "register online." **Online registration closes Oct 21st at 11:59 pm**

<u>Event</u>	<u>Before 9/30</u>	<u>10/1 through Race Day</u>
3.1 Mile Run	\$20	\$25
1.5 Mile Walk	\$20	\$25
Kids Fun Run	No Charge - small donation encouraged	

Timed results by Pretzel City Sports. Results will be posted at www.pretzelcitysports.com within 48 hours post race.

DETACH HERE

Please complete this form and make checks payable to HCM Foundation, P.O. Box 26761, Elkins Park, PA 19027

For Pre-Registration discount, must be postmarked by 9/30 (one form per person/please print)

Name _____ Sex _____ Age (on 10/23) _____ Event: 3.1run 1.5walk KidsRun
(circle one)

Address _____ Fee: \$ _____ Optional Donation \$ _____

City _____ State _____ Zip _____ Phone _____

Email _____ Tee Shirt (circle one): YS YM YL S M L XL XXL

****must register by 9/30 to guarantee t-shirt**

I know that running a road race is a potentially hazardous activity. I should not enter, run or walk unless I am medically able and properly trained. I also know that there may be traffic and possible weather related hazards on the course and assume risk for running/walking in these possible conditions. I also assume any and all other risks associated with running/walking and attending the race including but not limited to falls, contact with other participants, the affects of the claim on my behalf, covenant not to sue, and waive, release and discharge HCM Foundation, PEAK Fitness Company, Tredyffrin Township, all volunteers, all sponsors including their agents, employees, assigns or anyone acting for or on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever, foreseen or unforeseen, known or unknown. I grant permission to use any photographs and video of me and my name for any and all race purposes. I HAVE READ AND UNDERSTAND THIS WAIVER:

Signature (parent's if under 18) _____ Date: _____