

Run for Their Lives 5k & 10K

Hosted by Harlan County Wellness Initiative

Saturday, May 20th, 2023

9:00AM Harlan Center

Registration & Fees:

Pre-Register \$25.00 for 5k and \$45 for 10k by May 19th, 2023

Day of Race: \$30 for 5k and \$50 for 10k

This will be a timed race and there will be a cash prize for 1st in Male and Female and medals for 1st, 2nd, and 3rd.



I am running the 5k 10k

Name: Last: _____ First: _____

Sex: (Circle one): Male Female TSHIRT SIZE: _____

Age (As of 05/20/2023') _____ Birthdate: m. _____ d. _____ y. _____

Address: _____

City: _____ State: _____ Zip code: _____

Phone: (____) _____ - _____ E-mail: _____

In case of emergency contact: _____ Phone: _____

Fill out completely with fee payable to: Friends of Harlan, 201 S Main St, Harlan, KY 40831

For any questions please email Frank at frankwrobinette@gmail.com

Run for Their Lives 5K RELEASE:

I know that running in races can be a potentially hazardous activity. I should not enter and run in this 5k unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to complete the 5k. I assume all risks associated with running, walking, jogging, and/or volunteering to participate in the aforementioned run, including but not limited to falls, humidity, ice and snow, the condition of the road and traffic on the course, or any other risks presented in the 5k. All of these risks are known and appreciated by participant. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release the City of Harlan Tourist and Convention Commission, the City of Harlan, Operation Unite, the Harlan County Wellness Initiative, and Finish Vertical, any and all members thereof, and all further sponsors, their representatives, successors, from all claims or liability of any kind arising out of my participation in the aforementioned event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the foregoing to use any photograph, motion pictures, recordings, or any other record of this event for any legitimate purpose. Remember that we reserve the right to remove anyone from the race who exhibits poor conduct or is abusive toward our volunteers.

Signature of participant (If under 18, parent's signature).

DATE