



# HEALTHY HEART-FORD

5 K RUN AND 1 MILE FUN WALK

*Come out and get your heart pumping!*

Saturday, September 20  
behind UM HMH

Registration at 7:30am  
Race begins at 8:30am  
**The 5K race is RASAC timed**

**ENTRY FEE FOR THE 5K IS  
\$20 AND INCLUDES A  
T-SHIRT**

**ENTRY FEE FOR 1 MILE FUN  
WALK IS \$10 AND INCLUDES  
A T-SHIRT**

**Checks are payable to  
University of Maryland  
Harford Memorial Hospital**

Pick up your runner's packet  
September 15 – September 18  
from 8am – 4pm  
Swan Creek Village Center  
2027 Pulaski Highway  
Suite 204

Havre de Grace, MD 21078  
***Race packets will also be  
available for pick up on race  
day***

**Return this completed form  
with payment to:**

University of Maryland Upper  
Chesapeake Health  
Marketing Department  
2027 Pulaski Highway  
Suite 204  
Havre de Grace, MD 21078

Call 443-643-4200 for more  
information.

Exercise is one of the best things you can do to keep your heart healthy!

Join us for the Healthy Heart-ford 5K Run and 1 Mile Fun Walk at University of Maryland Harford Memorial Hospital (UM HMH). Follow the course through downtown Havre de Grace and enjoy refreshments and a brief awards ceremony following the event.

**\$100 Gift Card for Overall 1st Place Male & Female Finishers  
\$75 Gift Card for Overall 2nd Place Male & Female Finishers  
\$50 Gift Card for Overall 3rd Place Male & Female Finishers  
\$25 Gift Cards for Age Group Winners**

**I will be participating in the:** ☐ 5K Run  
☐ 1 Mile Fun Walk

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Age: \_\_\_\_\_ Phone: \_\_\_\_\_ ☐ Male ☐ Female

Shirt Size: ☐ S ☐ M ☐ L ☐ XL

## DISCLAIMER, WAIVER AND RELEASE

I, the undersigned (or my parent if I am under 18 years of age), hereby request permission to participate in the UM Harford Memorial Hospital's 5K Healthy Heart-Ford Run/Fun Walk. I am aware of the risks, dangers and hazards involved in participating in this event and that unanticipated and unexpected dangers may arise during my participation in the event. I assume all risks of injury to my person and property that may be sustained in connection with my participation in the event. In consideration of the acceptance of my entry and participation in UM Harford Memorial Hospital's 5K Healthy Heart-Ford Run/Fun Walk, I, for myself, my heirs, my executors and administrators, do hereby forever release, remise and discharge, and waive all my rights with respect to, any and all rights, claims, demands, actions and causes of action for any and all damage, liabilities, fees, costs and expenses I may have against UM Upper Chesapeake Health, UM Harford Memorial Hospital, RASAC (Renaissance Allsports Athletic Club), the City of Havre de Grace, the race directors, RRCA (Road Runners Club of America), sponsors, and all of their respective affiliates, officers, employees, agents and volunteers for any and all injuries suffered by me in connection with, or resulting from, my participation in UM Harford Memorial Hospital's 5K Healthy Heart-Ford Run/Fun Walk. I hereby, by my signature, acknowledge reading and understand this clause, and attest and verify that I am aware of the hazards associated with this event and am physically fit and have trained sufficiently for this event and am of age or that I have my parent's permission to participate in this event and their signature below if I am under 18 years of age. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other recording of this event for any legitimate use.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

☐ Check here if parent's signature



UNIVERSITY of MARYLAND  
HARFORD MEMORIAL HOSPITAL