



5k Run/Walk, 1k Kid's Fun Run, Health Expo, Costume "Heart" Contest, Food Drive **RACE INFORMATION**

Proceeds Benefit HARBOR INTERFAITH SERVICES
Participate and Help the Homeless
www.HarborInterfaith.org

RACE DATE

Sunday, July 1, 2018 (rain or shine)

RACE HIGHLIGHTS

- 5k Run/Walk, Chip Timing (Ages 12-80 & Over)
- 1K Kid's Fun Run, No Timing (Ages 5-11)
- Quality T-Shirts & Goodie Bags
- Course: Scenic, soft-packed trail
- All finishers receive a custom-designed medal
- Water Stations & Sponsor Refreshments
- Team's - Form a Team – minimum 5
- Adult & Kid's Costume Contest, heart theme
- Health Expo
- Food Drive – Nonperishable items only
- Website: <https://harborinterfaithse.wixsite.com/heartthehomeless>
- Walk/Run Hotline: 310-831-0603 x224
- No strollers or pets on the trail

RACE SCHEDULE

- | | |
|------------------------------|-----------------|
| • Late Registration/Check-in | 6:30 AM (Opens) |
| • 5K Run/Walk | 8:00 AM |
| • 1K Kid's Fun Run | 9:00 AM |
| • Awards Ceremony | 9:30 AM |
| • Adult/Kid's Costume Parade | 10:00 AM |

RACE AWARDS

5k Run – 1st Overall Male/Female winners

- 1st Place \$75
- 2nd Place \$50
- 3rd Place, shoe certificate, Road Runner Sports, value \$120

Finisher medals for all 5k & Kid's run participants

PACKET PICKUP

June 30, 2018, 10 to 2 p.m., Road Runner Sports, 25359 Crenshaw Blvd, Torrance, CA 90505

Title Sponsor



TORRANCE MEMORIAL
MEDICAL CENTER

RACE LOCATION

Ernie Howlett Park, 25851
Hawthorne Blvd, City of Rolling
Hills Estates

RACE PARKING

There is plenty of parking in the
park. Please following the directions
of the parking attendants.

COSTUME AWARDS

1st Place, \$75
2nd Place, \$50
3rd Place, \$25



L.A. Care
HEALTH PLAN®



5k Run/walk, 1k Kid's Fun Run, Health Expo Costume "Heart" Contest, Food Drive ENTRY FORM AND FEES

Please complete this form—one/applicant. Or go to
<https://my.racewire.com/event/5225>

PLEASE MAIL, .PDF, FAX, OR DELIVER ENTRY FORM WITH PAYMENT TO
C/O Heart the Homeless, Harbor Interfaith Services, 670 W. 9th Street, San Pedro, CA 90731

TEAM NAME _____
FIRST NAME _____
LAST NAME _____
EMAIL _____
ADDRESS _____
CITY _____ **STATE** _____ **ZIP** _____
DAY PHONE _____ **CELL** _____
AGE DIVISION (on raceday)

☐ 5-11 ☐ 12-17 ☐ 18-24 ☐ 25-29 ☐ 30-34 ☐ 35-39 ☐ 40-44 ☐ 45-49
☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70-74 ☐ 75-79 ☐ 80 & Over

ENTRY FEES (Non-Refundable)

Adults 5K Run/Walk \$35.00, \$45 after 6/1/2018 \$_____.00
Kid's 1K Fun Run \$20.00; \$25 after 6/1/2018 \$_____.00
Team (5 minimum) \$25/member, \$35/member after 6/1/2018 \$_____.00
I cannot participate but would like to make a donation \$_____.00

AGE ON RACE DAY: _____

DOB: _____

GENDER:

Female__ Male __ Other __

PAYMENT: (1) Make checks payable to: HARBOR INTERFAITH SERVICES or (2) use a credit card

☐ Visa ☐ MasterCard ☐ American Express

Name on Card: _____

Address if Different from Above: _____

Card Number: _____ Exp: __/__/____ CVV: _____

Signature: _____

RELEASE OF LIABILITY – SIGNATURE REQUIRED FOR ALL PARTICIPANTS.

In consideration of the acceptance of my and/or my dependent's participation in the July 1, 2018, Heart the Homeless event. The undersigned hereby release and hold harmless Harbor Interfaith Services, Inc., Start To Finish Event Services, Inc., City of Rolling Hills Estates, and their affiliates, agents, servants, board members, officers, employees, volunteers, assigns, successors and heirs and all officials concerned for all acts, omissions or negligence, which may result in bodily injury (including death). I warrant that I and or my dependent/s are in good health t. I willingly assume any risk inherent in entering this event. This waiver extends to all claims of any kind and nature whatsoever, whether known or unknown. Furthermore, I permit pictures, recordings or any other record of this event on film, videotape, photographs, motion pictures, recordings or any other record of this event for legitimate purposes without compensation.

Signature of Participant (18 years or older)

Date

Signature of Legal Parent/Guardian if Participant is a Minor

Date

This signature certifies that I have authorization to permit this youth to participate in the event. I further certify that he/she is in good physical condition and that race officials have permission to authorize and administer emergency medical treatment.

No strollers or pets on the trail. Thank you.