

BEAT THE HEAT 5K

Sponsored by the Richmond Fire Department Personal Trainers

WHEN: JUNE 19, 2010 0830 start time
WHERE: Farmers Market/Shockoe Bottom 1800 E. Main St.
MORE INFO: lawrence.glidewell@richmondgov.com

Registration closes on June 18th. There will be no race day registration. Registration fee is \$20.00. Proceeds to benefit the Richmond Fire Department Foundation. This group was founded to assist firefighters and their families in time of need. They are an approved 501c non profit group. **The Kid's fun run will be organized the day of the event with no fee.**

Please forward the registration form with entry fee to:

**Beat the Heat 5K
914 Hermitage Rd.
Richmond, Va. 23220**

REGISTRATION FORM

NAME: _____

ADDRESS _____

PHONE _____ AGE ____ FIREFIGHTER Y/N

T SHIRT SIZE _____ EMAIL _____

Release Form: I know that I am running a road race that is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree and abide by any decision relative to my ability to safely compete in the run. I assume all risks associated with running in the Beat the Heat 5K , including but not limited to falls, contact with other participants, the affects of weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I and anyone entitled to act on my behalf release the Richmond Fire Department, all city, state governments, and all sponsors from all claims or liabilities of any kind arising out of my participation in this event.

SIGNATURE

DATE

Parents signature if entrant under 18 yrs

