

**Registration for the 2<sup>nd</sup> Annual Hearts for Heroes 5K**  
**Saturday, May 29, 2010**

Participant Name \_\_\_\_\_ Age on May 29, 2010 \_\_\_\_\_  
Male \_\_\_\_\_ Female \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
Zip code \_\_\_\_\_  
Telephone/s \_\_\_\_\_ E-mail address \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone # \_\_\_\_\_  
T-Shirt Size: (Circle one) Adult: S M L XL  
Youth: S (6-8) M (10-12) L (14-16)

This is the 2nd Annual Hearts for Heroes 5K race to be held at the Trail of Faith in Valdese, NC. The race route is the same as last year on some of the beautiful streets of historic Valdese. See the link to Facebook on the website to get the exact race route. The proceeds from the race will benefit the Hope for the Warriors—A Warrior's Wish™ program that grants wishes to severely wounded soldiers in an effort to restore hope in the eye of a hero. The race also benefits the Founder's Festival, which is an annual event for 8<sup>th</sup> grade students to come to the Trail of Faith and see a Civil War Reenactment and many other displays and educational exhibits during the two day event. The festival is also open to the general public on Friday night and Saturday. The race will "kick off" at 8 a.m. on Saturday, May 29 with a blast from a 1740 cannon!

**WAIVER: Must be filled out and signed completely. PLEASE READ CAREFULLY BEFORE SIGNING.**  
I know that running a road race is a potentially hazardous activity. In consideration of acceptance of this entry, I waive all claims for myself, my heirs, executors, administrators, and assigns against the sponsors, organizers, officials, and any other persons or organizations directly or indirectly connected with the 2<sup>nd</sup> Annual Hearts for Heroes 5K Run from any and all claims for persons, injuries, and/or property damages resulting from participation in this event. This includes the Trail of Faith and the Town of Valdese. I realize that this is a strenuous event requiring proper physical conditioning and I state that I have trained for this event, and I am in proper physical condition for this event. I understand and agree that photographs, films, television or radio interviews from the event may be taken and released to the public without any compensation being paid to me, the undersigned. I hereby represent that I am 18 years of age or older or that the person signing as parent/guardian for permission allowing the entrant to participate is the actual parent or guardian. This is a release.

Applicant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**\$15 Pre-registration Fee before May 20, 2010**

**\$20 After May 20, 2010 and on Day of Race**

**Students 18 and under may pre-register for \$10.00 or \$15.00 on day of race**

**(Pre-registration will guarantee a T-shirt on day of race.)**

**Please make checks payable to: Waldensian Trail of Faith**

**P.O. Box 1256, Valdese, NC 28690**

**The race location is the Trail of Faith, 401 Church Street, NW, Valdese**

Awards will be given to the overall top three male and female runners and the top three in the following age groups for men and women: 1-9; 10-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80 and over.

No double awards will be given.

Race start time is 8:00 a.m. Race day registration and packet pick-up begins at 6:30 a.m.

Snacks and Door Prizes! Will run rain or shine!

For more information, call 828-874-1893 or 828-437-8894.