



# WINGS OF HOPE

## 5K Walk

for mental health, suicide, and addiction awareness

Sponsored by  
Mental Health Association of the Southern Tier

### Saturday, September 16, 2017

11:00 AM - Registration opens ~ 12:00 PM – Walk Starts/Butterfly Release

Dorchester Park – South Pavilion  
Whitney Point, NY 13862

Registration:  5K Walk TEAM NAME \_\_\_\_\_ (optional)

\$25 – Adult Amount Enclosed: \_\_\_\_\_

\$10 – Child (under 12)

Last name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on race day \_\_\_\_\_ Gender: M or F (circle)

YOU MUST SIGN THIS WAIVER: I know running or walking a road race is a potentially hazardous activity that could cause injury or death. I should not enter unless I am medically able and properly trained, and by my signature certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of the event coordinators relative to any aspect of my participation for any reason whatsoever. I assume all risks associated with participating in this event, including but not limited to, falls, contact with other participants, the effects of weather, traffic and the condition of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller blades, or skates, animals are not allowed in the race and I will abide by this rule. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the race organizers, sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of my negligence or carelessness on the part of the persons named in this waiver.

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

Parent's Signature (if under 18 years old) \_\_\_\_\_ Date \_\_\_\_\_

Mail registration/check (*payable to MHAST*) or register online at [www.yourmha.com](http://www.yourmha.com)  
Mental Health Association of the Southern Tier – 5K, 153 Court St, Binghamton, NY 13901

**Event Coordinators: Jody Pangburn (607.222.8262) and Susan Wheeler (607.765.7827)**