



INDIVIDUAL REGISTRATION FORM

Saturday, October 28, 2023

5k Run/Walk Starts at 9 a.m. Registration starts at 8 a.m.

Registration also available online at:
www.runforasafehaven.com

Please pick up your Pre-Race Packet
Date Coming Soon!

Fleet Feet, 2311 J St, Sacramento, CA 95816

Pick up Hours: 11:00 AM - 5:00 PM

Gender: Male Female Other Date of Birth (REQUIRED) / /
MM DD YYYY

5K RUN/WALK & KIDS HALF MILE

First Name Last Name

Street Address Apt. Number

City State Zip

Daytime Phone Evening Phone

*Email Address (REQUIRED)

Select Shirt Size*
5K Run/Walk (unisex t-shirt) ___ S ___ M ___ L ___ XL ___ XXL
Kids Run Shirt ___ S ___ M ___ L

Registration Entry Fees

- \$45 Adult 5k with t-shirt
- \$25 Youth 5k with t-shirt (22 & under)
- \$15 Kids Half Mile (12 & under) with t-shirt

Team Registration

- \$400 per team (team of 10)
- \$40 for each additional team member

Team Captain:
Team Name:

**Team costs includes t-shirts.
Each Team Member must complete and sign an Individual Registration Form.**

Please note that all payments for Run for a Safe Haven are **non-refundable**.

- I would like to donate \$_____ to help cover the registration fees for a survivor of domestic violence to participate in the Run for a Safe Haven.
- I would like to donate \$4 to help defray the costs of producing this run.

Total amount enclosed: \$ _____

Make check payable to "My Sister's House" and mail to: 3053 Freeport Blvd., #120, Sacramento, CA 95818.
Charitable Tax ID: 68-04641144

WAIVER: In consideration of your accepting this entry, I, intending to be legally bound, do hereby for myself and my heir, executors, administrators waive and release, any and all rights and claims or damages I may accrue against the persons and organizations affiliated with the race for any and all injuries that may be suffered by me or en route to and from the event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last 6 months. As part of this waiver I acknowledge that I have read and understand the above.

Signature Printed Name Date

Parent/Guardian Signature for all participants under 18 Date