

8th ANNUAL

Pray ~ Hope ~ Believe Fourth of July 5K

Thursday, July 4, 2019

Colerain Township Municipal Complex
4200 Springdale Road
Cincinnati, OH 45251

EVENTS

8:15 AM - Flag Ceremony

8:30 AM - 5K Run/Walk

9:30 AM - Free Superhero Sprint



Funds from this event benefit:
The Pray~Hope~Believe Foundation
PHBF is an IRS approved 501(c)(3) nonprofit



For Run or Walk Divisions, Awards, Food, Parking:

See website

Race will be Chip-Timed

Results: Complete results will be posted online later in the day.

All pre-registered entries with valid email address will be sent their results.



www.PrayHopeBelieve.org [or https://runsignup.com/Race/OH/Cincinnati/PrayHopeBelieve5KRunWalk](https://runsignup.com/Race/OH/Cincinnati/PrayHopeBelieve5KRunWalk)

REGISTRATION OPTIONS

If you register (or have registration postmarked) by MAY 31ST:

Ages 14 & Older - \$20

Ages 13 & Under - \$15

If you register (or have registration postmarked) by JUNE 30TH:

Ages 14 & Older - \$25

Ages 13 & Under - \$20

If you register between July 1st and race day:

Ages 14 & Older - \$30

Ages 13 & Under - \$25

Late Registration/Number Pickup:

Wednesday, 07/03/19 from 4pm-7pm

Colerain Municipal Bldg.

Race Day Registration/Package Pick-Up:

Starts at 7:00 AM

Includes Free T-Shirt

Upgrade to a Tech shirt \$10 extra.

MUST REGISTER BY 06/20/2019 - to be GUARANTEED a T-Shirt or TECH SHIRT

**SPLIT
the POT**

**Basket
Raffle!**

**CHILDRENS
GAMES**

PARTICIPANTS CAN FORM TEAMS!!!

Awards for the largest team & most team spirit !

2019 Pray ~ Hope ~ Believe 5K - Please submit one entry form per person

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ @ _____ Phone: _____

Team Name (if applicable): _____ Team Captain (if applicable): _____

Age (on Race Day): _____ Sex: (Circle one) **M** **F** Event: (circle one) **5K RUN** **5K WALK** (walkers must not run at all)

Clydesdale and Athena Divisions (Optional – Runners only): (circle one) **Men 200+lbs.** or **Women 160 + lbs.**

T-Shirt: (circle one) YS YM YL S M L XL XXL (Tech Shirt -Add \$10—Adult sizes only). [Pre-register by 06/20/19 to be guaranteed a shirt](#)

PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT:

Waiver: I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I hereby certify that I am in good health and I have trained to run the distance of the race, which I am entering. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or 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 and in consideration of your accepting my entry into this running race, I, for myself and anyone entitled to act on my behalf, waive and release PHBF, Running Time LLC and Colerain Township (collectively "The Sponsors"), their officers, directors, agents, volunteers and employees, all states, cities, counties or other governmental bodies or locations in which events or segments of events are held, all 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 negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I understand that bicycles, skateboards, roller skates or inline skates and animals are not allowed in the event and I will abide by this guideline. I am aware that the Sponsors strongly discourage the use of personal audio devices (iPods and MP3 headsets). I authorize any healthcare provider to release any and all information pertaining to my healthcare, medical condition and medical treatment as a result of my participation in this event to the Sponsors and their respective staffs.

For and in consideration of USA Track & Field, Inc. ("USA Track & Field" or "USATF") allowing me, the registrant, to participate in the USA Track & Field sanctioned event I am registering for herein (the "Event" or "Events"); I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

- I hereby represent that (i) I am at least eighteen (18) years of age (or this Agreement is also agreed to by my parent, natural guardian, or legal guardian (the "Guardian")); (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well-being at all times and under all circumstances while at the Event site.
- I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and represents an extreme test of a person's physical and mental limits. I understand and acknowledge the risks and dangers associated with participation in the Event and sports of track & field and related activities, including without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers (as defined in Section 4 below); and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions or the actions or inactions of others participating in or organizing the Event, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in any Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties (as defined in Section 4 below).
- I agree to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competition Rules adopted by USA Track & Field and any safety regulations established for the benefit of all participants. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.
- I hereby release, waive and covenant not to sue, and further agree to indemnify, defend and hold harmless the following parties, as relevant and applicable in each instance: USATF, its members, clubs, associations, sport disciplines and divisions; United States Olympic Committee (USOC); the event directors, the host organization and the facility, venue and property owners or operators upon which the Event takes place; and any other organizers, promoters, sponsors, advertisers, coaches and officials for this Event; law enforcement agencies and other public entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which may be incurred as the result of such claim, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties, as relevant and applicable in each instance.
- As a condition of my participation in the Event, I hereby grant USA Track & Field, the event director and host organization a limited license to use my name, likeness, image, photograph, voice, video, athletic performance, biographical and other information (collectively, "Likeness"), in any media platform or format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the Event, USATF, or the sport of Athletics. The foregoing grant, however, does not constitute consent for USATF or any third party to use my Likeness in an endorsement of any product or service without my specific written consent.

I hereby warrant that I (or the Guardian, if I am under the age of 18) am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by accepting it (including the rights of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have accepted this Agreement without any inducement, assurance or guarantee, and intend for my acceptance to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

If the participant is under the age of 18, the Guardian hereby agrees to release and discharge the Released Parties as follows: a) The Guardian acknowledges and understands that the Event is inherently dangerous and represents an extreme test of a person's physical and mental limits. Further, the Guardian acknowledges and understands the Risks, as defined above. b) The Guardian acknowledges the rights waived by both the Guardian and the participant by accepting this Agreement. c) The Guardian acknowledges that the Guardian will indemnify the Released Parties from any and all Liability which may arise out of, result from, or relate in any way to the participant's participation in the Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties.

X _____ / _____
Signature of Participant or Guardian Date Signed

Make Checks Payable To: PHBF ~ Mail to: c/o Lynne Merk, PO Box 53236, Cincinnati, OH 45253