

Be a SUPERHERO Against Bullying

REGISTER NOW FOR 5K AND 1 MILE FUN RUN / WALK / ROLL
AGAINST BULLYING

Saturday, October 1, 2016

7:00 AM RACE DAY REGISTRATION
AND T-SHIRT & BIB PICK UP

8:00 AM 1 MILE FUN RUN / WALK / ROLL

8:30 AM 5K



REGISTER BELOW OR ONLINE: www.fhjjefferson.org

NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

Date of birth: _____ Gender: Male Female

Race Registration: 1 Mile Fun Run / Walk / Roll, any age

5K Race: 12 yr. & under 13 - 17 yrs. 18 - 29 yrs. 30 - 30 yrs.
 40 - 49 yrs. 50 - 59 yrs. 60 - 69 yrs. 70 + yrs.

5K Wheelchair Race: 17 yrs. & under 18 - 39 yrs. 40 + yrs.

Registration Fee: under 18 \$25 18 + \$35 early bird (before 09/12/16) \$10 off

Shirt size: Child XS S M L XL Adult S M L XL XXL XXXL

Total Enclosed \$ _____ Please make checks payable to FAMILIES HELPING FAMILIES
and send to 201 Evans Rd. Bldg. 1, Suite 100, Harahan, LA 70123.

Waiver and release for Families Helping Families of Jefferson:

I know that running/walking/rolling in a road race is a potentially hazardous activity. I should not enter to run/walk/roll the race unless I am properly trained and medically able to do so. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, the effects of the weather and condition of the race path.

Having read the above waiver and knowing these facts, and in consideration of acceptance of my entry, I hereby waive and release Families Helping Families of Jefferson and any and all persons and sponsors, from all claims and liabilities of any kind that may arise as a result of my participation. I grant permission for FHF of Jefferson to use any photographs or motion pictures for legitimate purposes.

If for any reason as a result of my participation in the FHF of Jefferson 5K and 1 Mile Fun Run/Walk/Roll, I require medical attention, I hereby authorize medical personnel to provide such medical care as deemed necessary.

A parent or legal guardian must sign if participant is under 18 years of age.

PRINT FULL NAME _____ SIGNATURE (Parent or legal guardian if under 18) _____ DATE _____



Dress up as your favorite SUPERHERO and join us for this community-wide event to raise awareness on bullying prevention.

- Early bird discount of \$10, valid until 09/12/16. Discount code: **FHF**
- Great after party
- Live band
- Free great local food for paid participants
- Free t-shirts to everyone that pre-registers by 09/12/16
- Awards for top 2 finishers in each age group
- 5K wheelchair award
- SUPERHERO against bullying wristband for all participants
- All school teams with 50 participants or more will receive a participation banner for their school
- Prizes for top fund-raising individuals and team
- Personal fund-raising page
- Create school, community, or work teams

Event Location:

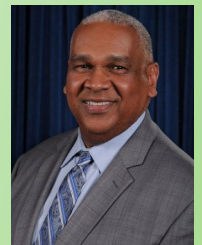
Lafreniere Park - Meadow Area
3000 Downs Boulevard
Metairie, LA 70003

Contact:

Mary Jacob, FHF of Jefferson
mjacob@fhjjefferson.org



Sheriff
Newell Normand



Superintendent
Isaac Joseph



Changing Lives Every Day.