



HERoes in Deed Annual Memorial HERo Run

In memory of LTC Jaimie E Leonard

5K/10K & Kids Run

June 11, 2022

Race Day Registration from 7:30 - 8:30 am

5K/10K Starts @ 9:15 am

Kids Run Starts @ 8:45 am

Location: Warwick Valley Middle School, 225 West Street, Warwick, NY 10990

Awards: Top 3 M/F/NB in the following age groups- Under 12, 13-15, 15-20, 21-25, 26-30, 31-35, 36-40, 41-45, 46-50, 51-55, 56-60, 61-65, 66-70, 71-75, 76-79, 80 & up; Top 3 M/F/NB Overall; Most Participants from a Gym Trophy, Kids Run--All Participants

Registration: Pre-registration: \$30 for 5K/10K, Race Day Registration: \$40, Kids Run: \$15
 ★ *T-shirt sizes ONLY guaranteed to participants pre-registered before May 10th*

Register at: [HERo Run 2022 | HERoes in Deed](http://heroesindeed.org/hero-run-2022/) (http://heroesindeed.org/hero-run-2022/)

Please print clearly and sign. If the application is not filled out correctly and clearly, it will not be processed. Race organizers reserve the right to reject any entry. No refunds or transfers will be made. ONE ENTRY PER PERSON. I know that running and road racing are potentially hazardous activities. I will not enter the race unless I am medically able and properly trained. I assume all risks associated with this event, including but not limited to, falls, contact with other participants, and the effects of the weather including low temperature, heat/humidity and/or precipitation, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, in consideration of accepting this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors, and administrators, wave and release any and all claims for damage I may have against HERoes In Deed, Town of Warwick, Warwick Valley School District, race director(s), and their agents, employees representatives, successors, and assigns, from any and all liabilities, claims, demands, and causes of action whatsoever arising directly or indirectly for my participation in this event. I also release my rights to any photos, videos, images, etc taken of me and during the event.

Name: _____ **Date of Birth (MM/DD/YYYY):** _____

Gender: Male Female Non-Binary

Address: _____

Phone: _____ **Email:** _____

Team Gym Challenge (Name of Gym): _____ **Veteran/Active Duty (Branch):** _____

Registration Event: 5K 10K Kid's Run Virtual Run

T-shirt size: Kids Adult Small Medium Large XLarge 2XLarge

Are you at least 18 years of age? Yes No [Parent's signature if under 18]

Signature: _____ **Date:** _____

Email form to info@heroesindeed.org, or mail to HERoes in Deed, PO Box 324, Warwick, NY 10990

For sponsorship opportunities: <https://bit.ly/herorunsponsor>