



Our family caring for yours... when it matters most.



All proceeds to benefit the programs of Southern Tier Hospice & Palliative Care

Registration Deadline:
\$20 If received by May 1st
\$25 After May 1st and on Run / Walk Day

T-Shirts to the first 50 Registrants

Make all Checks Payable to:
Southern Tier Hospice
Mail to: 11751 East Corning Road
Corning, NY 14830

**Southern Tier Hospice & Palliative Care
 Mother Earth Family Fun Day**

5K Run & Walk

Saturday, May 8th
Starts Promptly at 10am
From Health Works Wellness & Fitness Center
9768 Liberty Drive, Painted Post, NY 14870
S.T. Hospice Phone: 607-962-3100
Health Works: 607-937-5555



Name: _____
 Address: _____
 City: _____ State: _____
 Zip: _____ Phone: _____
 Birth Date: _____ Age: _____
 Email Address: _____

Male Female

T-Shirt Size: (to first 50 registrants) Please circle one

Small Medium Large XL XXL

Amount Enclosed:
 \$20 Early Registration Fee
 \$25 Registration Fee After May 1st

Awards For Overall Winner, Male and Female 1st, 2nd and 3rd in the following age groups: 18 and under, 29-19, 45-30, 60-46, Over 60

WAIVER: I, the undersigned accept full responsibility for myself and any injuries I may incur during the Southern Tier Hospice/Health Works 5K Run & Walk. I have read the application and fully understand that participating in this event may be dangerous to my health. I understand that there will be no medical personnel on the course. I have trained sufficiently for this event. I will not hold Southern Tier Hospice & Palliative Care or Health Works Wellness & Fitness Center, Corning Hospital, or Guthrie Health or the Town of Erwin responsible for any injuries I may incur. My actions and mishaps are accountable to no one but myself. I agree to withdraw from the race if instructed by a race official and agree to abide by all decisions made by race officials. I acknowledge that my race fee is non-refundable, even in the event of an act of nature or mankind. Having read this waiver, I accept full responsibility for my health, attest that I am properly trained, and agree to hold none liable for any actions or injuries related to this event.

Signed: _____ Dated: _____