



SUNDAY MAY 3rd, 2020

5K & Kids Fun Run Newburgh, NY

START/FINISH

Newburgh Free Academy Athletic Fields
201 Fullerton Ave, Newburgh, NY

5K COURSE

Starting and finishing on the high school track, this well-marked and well-supported course winds through some of the city's most beautiful neighborhoods.

GET IN THE SPIRIT

We're big believers in everyday heroes and encourage YOU to be the hero of your own story. Dress up as your favorite hero—personal hero, superhero—the sky is the limit! If costumes aren't your thing, consider wearing bright colors.

Participants enjoy a complementary brunch after the race!

RACES

8:00 AM

1 mile Kids Fun Run

14 & under only

¼ mile Kids Fun Run

6 & under only

8:30 AM

5K Fun Walk

All ages

9:00 AM

5K Run

All ages

***SIGN UP BY APRIL 6TH TO
RECEIVE A RACE T-SHIRT!***

5K WALK/RUN

\$20 now until April 6
\$25 April 7 - Race Day

KIDS FUN RUN

\$10 now until Race Day

PACKET PICKUP

Friday, May 1st

10:00am - 6:30pm
280 Broadway, Newburgh

Race Day

7:30am - 8:30am

AWARDS

5K Run - Men & Women
Ages 18 & under, 19-29, 30-39,
40-49, 50-59, 60-69, 70+

Kids Fun Runners
Ages 6 & under, 7-14

Register online: fearlesshv.org/heroesrun

100% of race proceeds will benefit Fearless! Hudson Valley, Inc. (formerly known as Safe Homes of Orange County), a not-for-profit 501(c)(3), which has grown from a grassroots, small group of committed individuals in 1986 to an organization, leader, and resource in the field of intimate partner violence and human trafficking advocacy and services provision.

FEARLESS!
RECLAIMING OUR SAFETY

“WE CAN BE HEROES” REGISTRATION FORM

Please complete one form for each participant.

Today's Date:		BIB #: (office use only)	
Participant First Name:		Participant Last Name:	
Mailing Address:			PO Box/Apt/FI
City:		State:	Zip Code:
Phone Number:		Email Address:	
Birthdate: (mm-dd-yyyy)		Age on Race Day:	Gender: ☐ M ☐ F ☐ Prefer not to say ☐ _____
Participant listed above is registering for the: ☐ 5K Walk/Run (all ages) ☐ 1-mile Kids Fun Run (ages 14 and under <i>only</i>) ☐ 1/4-mile Kids Fun Run (ages 6 and under <i>only</i>) Parents/Guardians are welcome to run alongside their Kids Fun Run participant(s)!		Registration Fee: 5K Walk/Run ☐ \$20 (now until April 6) ☐ \$25 (April 7 – Race Day) Kids Fun Run ☐ \$10 (now until Race Day) Please make checks payable to “Fearless! Hudson Valley, Inc.” Register online with a credit card at: fearlesshv.org/heroesrun	
<b style="color: #0070C0;">REGISTER BY APRIL 6th to receive a free race t-shirt. T-shirts will also be available for purchase on race day, while supplies last. Select shirt size: Youth ☐ S ☐ M ☐ L ☐ XL Adult ☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ 2XL			
Emergency Contact:		Phone Number:	
		Relationship to Participant:	

I know that running or walking in a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the “We Can Be Heroes” 5K & Kids Fun Run, Fearless! Hudson Valley, Inc., the City of Newburgh, and all event 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 my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Participant Signature:	Date:
Parent/Guardian Signature: (if participant is under 18)	Date:

Return completed form to:
 Fearless! Hudson Valley, Inc.
 Attention: 5K Coordinator
 PO Box 649, Newburgh, NY 12551

For more information, contact Amanda Gullo at:
 Email: admin@fearlesshv.org
 Phone: (845) 562-5365 ext. 124
 Website: www.fearlesshv.org/heroesrun