#  **REGISTRATION FORM**

**FRIENDS OF MONTFORT, INC.**

# **Annual 5K Run/Walk-A-Thon**

**Hempstead Lake State Park**

**Southern State Parkway**

**West Hempstead, NY 11552**

**Sunday, September 24, 2023, 10:00 A.M. - 1:30 P.M.**

**(Registration begins at 8:30 a.m.)**

**FIRST NAME** \_ **LAST NAME** \_

I plan to run/walk around Hempstead Lake Park to support the Post Graduate Grant Program for the deaf children at Institut Montfort School for the Deaf in Haiti. Also, to help establish a Haitian Sign Language dictionary in order to facilitate communication skills of the deaf community in Haiti.

**PARTICIPANTS:**

To reach our goal, we hope that each participant finds at least 10 sponsors. Please bring this form with you on the day of the Run/Walk on Sunday, September 24, 2023. The Registration tent will be located at Parking Field #1.

Our annual Run/Walk-a-Thon is fun and fit activity for the whole family, with everyone reaching for their personal best distance. Please set realistic distance goals based on age, health, and development. Drinks will be provided, and each participant will receive a token of participation.

**DEAR SPONSORS:**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ am participating in the Friends of Montfort, Inc. Run/ Walk-a-Thon. All proceeds will go to the Summer Camp at Institut Montfort School for the Deaf in Haiti. All contributions are tax-deductible. You can find more information at www.friendsofmontfort.org.

Thank you for your support.

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| **Name of Sponsor:** | **Email Address:** | **Pledge Amount** | **Check if Paid** |
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## RULES

1. Participants may start collecting pledges as soon as they receive the pledge sheets. Reminder: Pledge sheets need to be turned in on the day of the stroll, Sunday, September 24, 2023.
2. Pledges may be made by anyone. Please ask everyone who pledges if their company has a matching gift fund policy.
3. Each sponsor making a pledge should write their own name, address, and pledge amount. Participants may collect the pledge in advance but must keep pledges until all pledges are collected.
4. Registration time begins at 8:30 a.m. at Parking Field #1. The walk-a-thon begins at 10:00 a.m. The park charges a parking fee of $8.00 per car after 8:00 a.m.
5. Volunteers will collect all pledges BEFORE you run/walk. Participants are encouraged to wear hats, bring bugs, pray, and sunscreen if it’s sunny, or bring rain gear if it's rainy. Water stops will be provided for participants.

## WAIVER AND RELEASE STATEMENT

**(All participants must read and sign)**

I have read the accompanying event information and understand the policies of the event. I know that running and walking is a potentially hazardous activity. I should not enter unless I am medically able and properly trained and have cleared it with my doctor if necessary. I assume all risks associated with my voluntary participation in this event, including but not limited to falls, contact with other participants, and the effects of the weather - including extreme temperatures, traffic, and all conditions of the road, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry, I, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and **WAIVE, RELEASE, AND DISCHARGE** Friend of Montfort, Inc., its charities and all sponsors, all officials, workers or volunteers, their representatives, successors or assigns for ANY AND All claims or liability, whether foreseen or unforeseen, for death, personal injury or property damage arising out of, or in the course of my participation in this event. I further grant full permission to the above-mentioned sponsors, organizers, and or agents authorized by them to use any photographs, videotapes, recordings, or other record of the event for any reasonable purpose.

Signature of Participant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Signature of Parent or Guardian if participant is age 18 or under)

Date:

**We look forward to all our participants having a great time.**

For questions about volunteering, or donating raffle items, please contact us at:

Website: [www.friendsofmontfort.org](http://www.friendsofmontfort.org)

Payment in the form of Zelle, PayPal (info@FriendsofMontfort.org)