

Run for Recovering Heroes 5K and 10K

Sunday, September 15, 2013

5K @ 3:30 PM -- 10K @ 4:30 PM

Carderock Recreation Area, C&O Canal Towpath, off Clara Barton Parkway

Register on-line at www.safetyandhealthfoundation.org/heroes

To benefit

Patton Veterans Project, Inc.

Listen. Collaborate. Empower.™

www.pattonveteransproject.org

Host:



FOUNDATION FITNESS

7232 Columbia Pike, Annandale VA 22003 -- 855-854-0465
 10387 Main Street, Fairfax VA 22030 -- 703-273-8251
 4380 MacArthur Blvd NW, Washington DC 20007 -- 202-506-4999

Sponsor:



Entry Fees:

\$30 by July 31, \$35 by August 31, \$40 by September 14 • No race-day registration

Pre-race packet pick-up:

Saturday, September 14, 3:00-6:00 PM, at Georgetown Running Company,
 3401 M Street NW, Washington DC (202-337-8626)

Race-day packet pick-up:

15% discount on your purchases at packet pick-up at Georgetown Running Co. (202-337-8626)
 Sunday, September 15, 2:30-3:15 PM for 5K, 2:30-4:15 PM for 10K, on-site at
 Carderock Recreation Area leftmost parking area picnic shelter (no race-day registration)

Awards:

Top 3 overall M & F, top 3 in age groups 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
 Gift certificates from Georgetown Running Co. and other sponsors | Distinctive random awards

Directions from Georgetown and points east:

- From Georgetown, take M west past Key Bridge
- At Foxhall Road, M Street becomes Canal Road. Continue west
- At Chain Bridge, Canal Road becomes Clara Barton Parkway. Continue west.
- Cross under I-495 Capital Beltway
- Bear right and turn right at exit for Carderock / NavSurfWarCen
- At top of ramp, turn left.
- Cross over Clara Barton Parkway. Continue straight into Carderock Recreation Area

Directions from Maryland and points west:

- Continue east to Carderock exit on right
- From Falls Road, take MacArthur Boulevard east to Clara Barton Parkway
- Turn right and drive through the tunnel to free parking

Goodies:

High-quality colorful t-shirt, post-race picnic

Instant Results by:



Course:

Out'n'back on flat C&O Canal Towpath - no cross-streets

Limit:

Limited to the first 300 entrants

More information:

Call Elizabeth McClure (202-617-5708) or Heather Smith (703-225-9194)

Registration:

On-line via Active.com or by mail using the form below

Safety And Health Foundation

Run for Recovering Heroes 5K & 10K • ENTRY FORM

Mail checks payable to **Foundation Fitness Race** and send to

Foundation Fitness, ATTN Elizabeth McClure, 4380 MacArthur Blvd NW, Washington DC 20007

By entering this event, I agree, warrant and covenant as follows: I know that running is a potentially hazardous activity. I should not enter or run in this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Elizabeth McClure, Foundation Fitness, Safety And Health Foundation Inc., Princeton Running Company, USATF, The District of Columbia, and all sponsors, their directors, elected and appointed officials, employees, officers, agents, 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 acknowledge that the application fee is non-refundable. I agree that you may use my name and likeness for publicity purposes.

Signature _____ (parent or guardian if under 18)

Name _____ Gender (M) (F) Age on 09/15/2013 _____

Address _____

City _____ ST _____ ZIP _____

E-mail _____ T-shirt size S M L X XX

Birthdate ____ - ____ - ____ (mm-dd-yyyy) Predicted time for 5K (3.1 miles) ____ : ____

Day Phone _____ Evening Phone _____ 5K 10K Both (add \$20)

Enclosed is my entry fee \$25 by July 31 \$30 by August 31 \$35 by September 14 DCCS • No race-day registration