



Hearts for a Safe Harbor

# Hearts for a Safe Harbor Presents the 5K SAFE HARBOR RACE

Supporting our Heart by Heart Project for War-Affected Youth in Gulu, Uganda  
Sunday, August 21, 2011  
Starting Time: 8:30 a.m.

**Course:** Mill Creek MetroParks, Wick Recreation Area, 1861 McCollum Rd., Youngstown, OH 44509 (the 5K Distance Classic course)

**Fee:** \$15 pre-registration, \$20 race day registration, free with \$100 in pledges (see below)  
**T-shirts guaranteed** for pre-registrants and included in fee if registered before 8/5/11

**Awards:** The top three male and female finishers overall  
The 1<sup>st</sup> Master (40 and over male and female finishers)  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Place Awards in each age group for male and female finishers:  
<15, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, >70

**Packet Pick-Up:**  
Race day registration and packet pick-up will be at the Wick Recreation Area and in case of rain, the Morley Pavilion (stage) from 7:15 a.m. to 8:00 a.m. Free parking is available at the Par 3 parking lot in the Wick Recreation area.

**Proceeds Benefit:**  
The Heart by Heart Project in Gulu, Uganda  
Hearts for a Safe Harbor, (Charitable Non Profit 501(C) (3), Canfield, Ohio)  
Information and registration form available at [www.heartsforasafeharbor.org](http://www.heartsforasafeharbor.org)

All entries must be signed by the athlete (parent or guardian of athletes under 18) in agreement of the following: Participation in the "Safe Harbor Race" is with full knowledge of the risks involved therein and undersigned assumes the risk of injury, sickness, or health defect, resulting from or received during participation in the race and further releases to save harmless Hearts for a Safe Harbor and its sponsoring agencies, Mill Creek MetroParks, and individuals from any liability, damage, claim, or judgment that may result or arise out of the application of this race.

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### Please Print All Information

Name \_\_\_\_\_ Sex: (circle) M F T-Shirt Size (circle)  
Street \_\_\_\_\_ S M L XL XXL  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone(s) \_\_\_\_\_  
Date of Birth \_\_\_/\_\_\_/\_\_\_ Age as of 8/21/2011 \_\_\_\_\_ E-mail \_\_\_\_\_  
Signature of Runner \_\_\_\_\_  
Signature of Parent/Guardian if Runner is under Age 18 \_\_\_\_\_

- Raise \$100 or more in pledges for Hearts for a Safe Harbor and the registration fee is waived
- Be the top fundraiser and receive an original piece of African art from Uganda

Pledge Amount: \_\_\_\_\_

Make checks payable to: Hearts for a Safe Harbor  
Mail Registration, Entry Fee, and/ or Pledge Amount to:  
Safe Harbor Race - c/o Julie Maruskin, 7278 Cool Rd., Canfield, Ohio 44406  
Race Director: Julie Maruskin at [heartsforasafeharbor@gmail.com](mailto:heartsforasafeharbor@gmail.com) or 330.533.6027