



Run for Intrepid Fallen Heroes Veterans -
First annual 5K & walk

Intrepid Fallen Heroes Fund 5k Veterans and walk is about having fun and making a difference in our community to support those selfless men and women who defend our freedom. This is a collaborative partnership with Napa auto parts and West Albany High school for our community to come together. So put on your running shoes and let's support our veterans and help them build a center for excellence!

Date

Saturday, November 12, 2016 @ 9:00 AM

Address

Start – West Albany High School Front Entrance

Start times

8:00 a.m. Race day registration

9:00 a.m. START - 5K

9.15 a.m. START – 5 K walk

Fees

Adults \$25.00 with shirt

Kids 10 and younger \$10.00 with shirt limited sizes

West Albany students and High school students with student I.D. \$16.00 with shirt

Registration

Complete & mail in registration form by November 7, 2016 (see download button at the right) with enclosed check made payable to "Intrepid Fallen Heroes Fund Veterans Run":

Carolyn Pokorney
1966 Antelope CT SW
Albany Oregon 97321

You can also register by calling 541-223-3988,
or register online (click here or on the button at the right).

Route

The 5K takes runners and walkers through the neighborhoods of Albany with trees and flowers lining the route looping around back to West Albany High School.

There will be aid stations on the course with water. The finish line will be a welcome site with light snacks, drinks, and prizes for age groups! Parking will be available West Albany football field and Memorial middle school, where the race starts and finishes.

T-Shirts & Extras

Each runner will receive a T-Shirt (register by September 30, 2011 to insure a T-Shirt in your size). Additional T-Shirts can be purchased on race day, while supplies last.

Awards & Prizes

All participants receive participation medallion.

Results

The times will be displayed at the finish line, measured electronically. Each runner will receive a bib the day of the event at the registration booth.

Proceeds

All proceeds will go to build the centers for our brave veterans who deserve the state of the art care after serving their country and selfless courage. Visit the IFHF website for more information on how the proceeds are utilized for the care of our veterans. All proceeds are tax deductible.

In addition to supporting our troops for the service they have provided for our country, we are donating all the profits to a non-profit organization called the Intrepid Fallen Heroes Fund. This organization builds centers around the U.S. that provide services for our military members with TBI, PTSD, and Prosthetics. All donations will go to the Joint Base Lewis-McChord in Washington.



First name: _____

Last name: _____

Address: _____

City: _____ State: _____

Zip code: _____

Phone _____

Email: _____

Race option:

- ☐ 5 K Veterans run
Adult \$25.00 includes shirt
Child 10 years and under \$10.00

- ☐ 5 K veterans walk
Adult \$25.00

☐ West Albany students and High school students with student I.D. \$16.00 with T- shirt

Shirt size: Adult Small ☐ Medium ☐ Large ☐ XL ☐

Male: ☐ Female: ☐

Makes checks payable to: Intrepid Fallen Heroes Fund

Fill out registration form include with check and mail to:

Attention: IFHF Run
C/O Carolyn Pokorney
1966 Antelope Court SW
Albany Oregon 97321

All participants under 18 years of age must have registration form signed by parent or guardian. All fees are non-refundable.

Waiver must be signed:

I know that running a road race is a potentially hazardous activity. I should not enter the race unless physically fit, medically able and properly trained. I assume all responsibility for participating in this event including but not limited to falls, contact with other participants, the effects of the weather conditions such as hot or cold conditions, road conditions and all other risks known to me.

In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release and any all rights and claims for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Signature _____

Date _____

Parent or Guardian if under

18 _____