

Helping Children Worldwide's 7th Annual

Child Rescue Centre Benefit Run • 5K Run/1-Mile Walk

Saturday, April 9, 2011

course information The run starts and finishes at Galilee United Methodist Church (45425 Winding Road, Sterling VA) and winds through scenic, tree-lined Broad Run Farms.

Kids, strollers and pets are welcome, but for safety reasons strollers and pets are permitted in the walk only.

start times 5K run starts at 8:00 a.m. 1-Mile walk starts at 8:05 a.m.

registration The run has two ways to register and pay:

❶ Complete and detach the registration form below. Please make your check payable to **HELPING CHILDREN WORLDWIDE** and mail to: Helping Children Worldwide, 13525 Dulles Technology Drive, Suite 103, Herndon, VA 20171

OR

❷ Register online with a VISA, MasterCard or American Express card at www.active.com (search for **crc benefit**)

fees

Registration Date	Run	Walk
Before April 5	\$25	\$15
April 5 and After	\$30	\$20

race packets Pickup is at Galilee United Methodist Church

- ❶ Friday, April 8, 5 p.m.-8 p.m.
- ❷ Saturday, April 9, 7 a.m.-7:45 a.m.

t-shirts Colorful T-shirts are guaranteed for early registration entrants and are available for late registrants as supplies last.

prizes Medals and prizes will be awarded to the top 3 overall male and female runners. Medals will be awarded to the top first place finisher in each age group, both male and female. The age groups are 9 and under, 10-19, 20-29, 30-39, 40-49, 50+. Additional prizes will be raffled to all event participants.

about the charity The Child Rescue Centre, Bo, Sierra Leone, cares for children in the poorest country in the world. Our mission is to "provide food, shelter, clothing, health care, education and skills training in a loving, nurturing environment, for orphans, street children and children and youth in extremely difficult socio-economic circumstances." CRC children have lost parents and families due to war, poverty and disease. Currently 70 children, ages 4-19, are thriving in residence at the CRC and 180 children are provided education and healthcare while they live with families in the community. For these 250 children, the Child Rescue Centre gives hope for a better future. It is a place of miracles.

Helping Children Worldwide is a 501 (c)(3) non-profit.

questions For further information about the run, please visit www.helpingchildrenworldwide.org or contact **Brad Phillips** at 703 582 0952 or brad@heidengroup.com

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2011 Participant Registration Form

7th Annual CRC Benefit Run • 5K Run/1-Mile Walk
Saturday, April 9, 2011

Event 5K 1-Mile Galilee UMC Member

Gender F M

T-Shirt Size S M L XL

First Name (given name)

Last Name (family name, surname)

Age on Run Day

Street Address

City

State

Zip Code

Daytime Phone

Email

Liability waiver must be signed before mailing

I know that running a road race is a potentially hazardous activity and that I should not enter and run 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 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. 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 organizers of the CRC Benefit Run, Helping Children Worldwide, Galilee UMC, USATF, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Date

Participant's Signature (or parent's or guardian's, if under 18) _____