



RUN, JOG, WALK OR ROLL A 5K

IN PERSON SUNDAY, SEPT. 3rd @ The Warming Hut Pavilion, Avenue of the Pines, Saratoga Spa State Park, 10am Kids Fun Run, 10:15am WWTD 5K begins
VIRTUAL AUGUST 3rd - SEPT. 3rd Share on Social Media #WWTD5K

INDIVIDUAL ENTRY FEE Run N' Roll: \$25, non-refundable, Kids Fun Run: \$10, non-refundable.

T-SHIRTS: The first 100 registered participants will receive a t-shirt



INFORMATION: For additional information about this event, please reach out to Samuel Gonzalez, 5K Director, at 518-221-0708, or via email at WWTDRunForHope5k@gmail.com. Email your race times to frtiming99@gmail.com

BENEFITS: The What Would Trevor Do Run N' Roll for Hope 5K was created to raise money for a very close friend, Trevor Comeau, in an attempt to assist with uninsured medical expenses incurred as a result of his spinal cord injury. The entry fees for the run will be used only to pay or reimburse medically-related expenses. With the help of Help Hope Live all entry fees paid by runners will be tax-deductible! It is the goal (and mission) of the founders in years to come to help others just like Trevor on their road to learning how to walk once again! For more information please visit our website at www.RunNRoll5k.com

REGISTER ONLINE: <http://www.runnroll5k.com/registration.html>

MAIL-IN REGISTRATION: Please make checks payable to: **HelpHopeLive**. Please note "In Honor of Trevor Comeau" in the memo section. Mail this application and checks* to: **WWTD C/O Christine Buanno 974 Sacandaga Rd., Fort Johnson NY 12070**. *Please note there is a small registration fee to register for the event using a credit card. There is no fee when paying by check*

Name _____ Age _____ Gender _____
 Phone _____ Email _____
 Address _____

WANT A T-SHIRT? YES NO **CIRCLE SIZE:** (ADULT) S M L XL XXL (YOUTH) YS YM YL

In consideration of your accepting this entry, I understand, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release all rights and acclaims for damages I may have against W.W.T.D. Run N' Roll for Hope 5k, W.W.T.D. Project, USATF, HelpHopeLive, all sponsors, volunteers and workers, race organizers, their representatives, successors, and assigns for any and all injuries suffered by me in said event.

I attest and verify that I am physically fit and have sufficiently trained for this race.

SIGNATURE:

SIGNATURE OF PARENT IF UNDER 18:

Entry Fee	\$ _____
WWTD 5K Donation	\$ _____
Total Amount Enclosed	\$ _____