



# Hearts for a Safe Harbor Presents the **SAFE HARBOR RACE**

**Building Solidarity for the War-Affected Youth of Gulu, Uganda**  
**Sunday, August 22, 2010**  
**5K Run**  
**Starting Time: 8:30 a.m.**

- Course:** The **Safe Harbor Race** will be held in beautiful **Mill Creek Park** and follow the 5K Distance Classic course.
- Fee:** \$12 pre-registration, \$15 race day registration, free with \$50 in pledges\*, **T-shirt guaranteed** for pre-registrants and included in fee **if registered before August 11, 2010.**
- Awards:** Awards to the top three male and female finishers overall and to 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:  
Male: <15 15-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 >64  
Female: <15 15-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 >64

**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:**

Hearts for a Safe Harbor/Gulu, Uganda: (Charitable Non Profit 501(C) (3)/Canfield, Ohio)  
[www.heartsforasafeharbor.com](http://www.heartsforasafeharbor.com)

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.

---

**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 8/22/2010 \_\_\_\_\_ E-mail \_\_\_\_\_

Signature of Runner \_\_\_\_\_

Signature of Parent/Guardian if Runner is under Age 18 \_\_\_\_\_

**\* Raise \$50 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 (see attached).**

Make checks payable to: Hearts for a Safe Harbor  
Mail Registration and Entry Fee or Pledge Amount to:  
Safe Harbor Race - c/o J. Schuler – 9191 Struthers Rd., New Middletown, Ohio 44442  
**Questions:** E-mail Julie Maruskin (Race Director) @ [juliem34@gmail.com](mailto:juliem34@gmail.com) or phone @ 330.533.6027

