



A Helping Hand
ADOPTION AGENCY

Worth the Wait 5K Run/Walk

A Helping Hand Adoption Agency is hosting a 5K Run /Walk to kick off Adoption Awareness month. All proceeds collected by the 5K will be used to expand our domestic and international adoption programs so that we can reach more children and adoptive families.

For those who register before 10/15/2009 you will receive a t-shirt with your race packets. We encourage families to participate strollers are welcome. Participants are welcome to run or walk. At the conclusion of the race there will be an awards ceremony with trophies for the following categories:

Overall Top 3 Male & Top 3 Female

Top 3 Male & Female by age group: 0-9; 10-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+

Date: November 7, 2009

Time: 9:30am (registration at 8:30 am)

Location: 1875 Cold Stream Station, Lexington, Kentucky *(Next to Embassy Suites Newtown Pike)*

Registration fee: \$20.00

You may pre register online at <http://www.signmeup.com/66726> or by completing the registration form that is attached and mailing it to the address below.

A Helping Hand Adoption Agency
1510 Newtown Pike suite 152
Attn: Philip Aldridge
Lexington, KY 40511

Worth the Wait 5K Run/Walk

REGISTRATION FORM: T-Shirt Size: ____ *Youth* ____ *Adult*
*Sm*____; *Med*____; *Lrg*____; *XL*____; *XXL*____

Name: _____ Phone: _____

Address: _____ E-mail: _____

City, State & Zip: _____ Gender: Male / Female

Circle Age Category: (0-9) (10-14) (15-19) (20-24) (25-29) (30-34) (35-39) (40-44) (45-49) (50-54) (55-59) (60-64) (65-69) (70 & over)

Waiver of Liability: In consideration of the acceptance of my entry, I hereby for myself, my heirs, executors, and administrators do release any and all sponsors and associates of A Helping Hand Adoption Agency of any damages, demands, or actions whatsoever in any manner arising or growing out of my participation in this run. I attest and verify I have full knowledge of the risk involved in this event and that I am physically fit and sufficiently trained to participated in it.

Signature: _____ Date: _____

Signature of Parent if under 18 years of age: _____