



Please send in this form and pledge money by September 16<sup>th</sup>. **Hope for Heather**, PO Box 2208, Liverpool, NY 13089.

Make check payable to **Hope for Heather**

Participant's Name \_\_\_\_\_

Address \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

VIRTUAL WALKER OR SPONSOR      PLEDGE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

TOTAL PLEDGES \_\_\_\_\_

### Heather's Story

Heather Weeks was diagnosed with colon cancer at age 23, a few weeks after she began working as an executive assistant at the Ovarian Cancer



1984 – 2008

Research Fund. Her dream of a life as a dancer became a mission to spread the word about the serious danger of Ovarian Cancer. She wanted to use every available communication method to get the word out to all women. Present estimates indicate 1 in 58 women will contract Ovarian Cancer over their lifetime.

Every women must know the 4 recognized early symptoms of ovarian cancer. Most women are unaware of these key symptoms.

### Hope for Heather's Mission

**Hope for heather.org** is the premier non-profit educational organization in Central New York dedicated to finding a cure for Ovarian Cancer by funding research and improving survival through education. The money raised by **Hope for Heather** is used to support these missions.

- Research 40%
- Local Awareness, Education and Support 60%



More information:  
[www.tealribbonrun.org](http://www.tealribbonrun.org)



# 5K FAMILY FUN RUN & WALK

**September 25, 2011**  
**at Syracuse Inner Harbor**

Stiletto Dash starts at 9:00 am  
5k Run/Walk starts at 9:30 am  
Prizes awarded at 11:00 am

On-site registration 8:00 - 8:30 am  
Registration by Mail and On-line until  
September 16th for complimentary T-shirt





## 2011 Registration Form

Register on-line at:  
[www.getentered.com](http://www.getentered.com)  
 (thru September 16th)  
*processing charge applied*

## 5K Family Fun Run & Walk

September 25, 2011  
 Syracuse Inner Harbor  
 Stiletto Dash starts at 9:00 am  
 5k Run and Walk starts at 9:30 am  
 Team Photo at 11:30 am  
 Prizes will be awarded at 11:00 am  
 On-site registration 8:00 - 8:30 am

Event Details at [www.tealribbonrun.org](http://www.tealribbonrun.org)

I am participating as:  An Individual  A Team/Family

Stiletto Dash  5K Run  5K Walk Team Name \_\_\_\_\_ Number in Team or Family \_\_\_\_\_

**Note:** Each participant must fill out a Registration Form and sign the waiver below

**Personal Information** Please print and include all information. Only legible and complete forms are accepted.

Name \_\_\_\_\_ State/Province \_\_\_\_\_  
 Age on race day \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_  
 Address \_\_\_\_\_ Day Phone No. \_\_\_\_\_  
 City \_\_\_\_\_ E-mail \_\_\_\_\_

**Waiver:** In consideration of your accepting this entry, (I, below signed), intending to be legally bound for myself, my heirs, executors, administrators and waive and release all rights and claims for damages I may have against the organizers of Heather's TEAL Ribbon Walk, Hope for Heather, Onondaga County Parks and Recreation, Onondaga County, City of Syracuse, U.S. Federal Government, and its sponsors, successors or representatives for any and all injuries suffered by me whether to person or property at said event or while traveling to or returning from. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been recently verified by a licensed medical doctor. Further I grant full permission to use photographs, videotapes, motion pictures, and records of me, or any other record of this event, for any legitimate purposes. This entry is invalid unless signed by entrant. If entrant is under 18 years of age, parent or guardian must sign entry. The race committee reserves the right to reject any entry.

**Participant's signature** (Parent signature if under 18 years of age): \_\_\_\_\_

### Registration Fees

Each participant registered by Sept 16 will qualify for a T-shirt. Quantities may be limited - T-shirts are not guaranteed. Please indicate shirt size after each name

**Per person fees for single-event and double-event participation:**

Run/Walk **OR** Stiletto Dash  
 until September 16th - \$25  
 after September 16th - \$30 \_\_\_\_\_

Run/Walk **AND** Stiletto Dash  
 until September 16th - \$40  
 after September 16th - \$45 \_\_\_\_\_

### Registrant T-shirt (choose one)

Registration by Mail and On-line  
 until September 16 to qualify for  
 a complimentary event T-shirt

On-line registration at  
[www.getentered.com](http://www.getentered.com) or  
 thru September 16, 2011.

Adult small  Adult medium  
 Adult large  Adult XL

**Total Paid** \_\_\_\_\_

\* Children 5 and under are free.

**Payment**  Check (Payable to "Hope for Heather")

**Mail to:** Hope for Heather  
 PO Box 2208, Liverpool, N.Y., 13089



## Angel on the Tree of Hope

*Honor a friend or loved one at the walk. Receive a reminder of the hope you have planted.*



We will place an "Angel on the Tree of Hope." Use this Angel to honor or remember a loved one. Take home the angel and plant it in the ground and wildflowers will grow. A year long reminder of the hope you have planted. The Angel of Hope is biodegradable material with wildflower seeds inserted.

Requires a \$5 donation for each Hope Angel. Requests must be received by September 16, 2011.

**I would like to Honor or Remember:**

\_\_\_\_\_ print name as you wish it to appear

\_\_\_\_\_ additional name

\_\_\_\_\_ additional name

**Donor's Name:**

\_\_\_\_\_ print your name here

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