

Nonprofit Org.
U.S. Postage Paid
Permit No. 658
Fremont, CA

HERS Breast Cancer Foundation
2500 Mowry Ave. Suite 130
Fremont, CA 94538
HERSBreastCancerFoundation.org



5K Walk & 5K/10K Run

in Support of
Friends & Family
Facing Breast Cancer

Saturday, September 29, 2018

MASTER OF CEREMONIES:

Heather Holmes
KTVU FOX 2 News Anchor

Quarry Lakes
Regional Recreation Area
2100 Isherwood Way
Fremont, CA 94536

TO REGISTER:

Register online at HERSBreastCancerFoundation.org or visit
ItsYourRace.com and search for HERS Breast Cancer Foundation
Walk.

OR

Send registration form to race coordinator On Your Mark
Events with a check made payable to HERS Breast Cancer
Foundation:

On Your Mark Events
P.O. Box 1199, Arnold, CA 95223-1199

Set up your own CrowdRise page to gather donations online...it's
easy! East Bay Community Foundation will match up to \$20K!
Visit HERSBreastCancerFoundation.org for more information.
Additional donations may be brought to the event.

SCHEDULE

- 7:00 to 9:00 a.m. Check In/Event Day Registration
- 8:00 a.m. Opening Ceremony, "Elaine's Circle," including
special tribute in memory and honor of Breast Cancer
Survivors
- 8:45 a.m. Pre-event Warm-ups: Stretching/Cardio
- 9:00 a.m. 10K runners start
- 9:15 a.m. 5K runners start
- 9:20 a.m. 5K walkers start (Strollers in the back, please)

Also included:

- REFRESHMENTS
- COMMUNITY EXPO
- LIVE MUSIC
- BBQ LUNCH provided by Dutra Enterprises, Inc.
- MASSAGE and other amenities

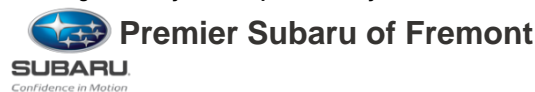
Quarry Lakes Regional Recreation Area

2100 Isherwood Way, Fremont, CA 94536

From I-880 in Fremont, take the Decoto Road (Hwy. 84) exit east.
Turn right on Paseo Padre Parkway, then left on Isherwood Way.
Proceed to the park entrance on the right.

From Mission Blvd (Hwy. 238) in Fremont, turn south on Nursery
Ave. (away from the hills) and right (west) on Niles Blvd. Turn left on
Osprey Drive and left on Quarry Lakes Drive. Proceed to the park
entrance on the left.

Parking at Quarry Lakes sponsored by



Special THANKS to OUR SPONSORS!¹

Platinum Sponsor



Ruby Sponsor



Timing Sponsor



Gold Sponsors



Chief Craig T. Steckler, Ret.

Silver Sponsors

Lions Club of Union City
Robson Homes, LLC Republic Services
Fremont Association of Management Employees
James Chambers/Cloverleaf Bowl
CV Administrative Service
Fremont Elks Lodge #2121
Berge-Pappas-Smith/Chapel of the Angels

Bronze Sponsor

Presidio Bank
Haller's Pharmacy & Medical Supply

Lunch Sponsor

Dutra Enterprises, Inc.

In-Kind Sponsors



¹ As of print time.



HERS Breast Cancer Foundation supports all individuals healing from breast cancer by providing post-surgical products and services regardless of financial status.
Federal Tax ID Number
94-3309906



Event Information Online

Visit us online at HERSBreastCancerFoundation.org for all event details, online registration, and the ability to set up your own donation/sponsorship page!

Race Details

- We partner with On Your Mark Event Management, a professional race timing company. We will be using a chip-timing system for the 5K/10K run.
- Race results will be available within minutes of completion and posted on our website after the event.
- Awards for the top 3 men and top 3 women runners for the 5K and 10K, by age group (age groups available on our website)
- All participants will receive a finishers medal.
- All participants will receive a commemorative t-shirt (except children 11 and younger).

Set up your own donation page and help HERS raise money for our clients!

crowdrise
by gofundme

Your online donation page, can include a personal message, photos, and individual fundraising goals.

We encourage you to use your personalized online donation page for maximum fundraising impact. It's easy and convenient. Contacting friends, family and co-workers by e-mail and providing the link gives them immediate access to support you and HERS.

Our friends at East Bay Community Foundation are matching online donations!

We're thrilled to announce that EBCF will be matching online participant page donations, up to \$20,000. Make your donations go further and help raise even more money for HERS Breast Cancer Foundation!



We love online registration!

It's efficient, it's eco-friendly, and it allows us to get your information right into the database without transcription errors, processing delays, or accidental loss of your information.

This year we are partnering with ItsYourRace.com



Registration Form

Online registration available at HERSBreastCancerFoundation.org –OR–

Mail registration form and check made payable to HBCF, to On Your Mark Events, P.O. Box 1199, Arnold, CA 95223-1199

**MUST BE RECEIVED NO LATER THAN
SEPTEMBER 24, 2018**

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____
E-mail _____

Sex ☐ M ☐ F ☐ I'm a Breast Cancer Survivor

Cotton Unisex T-shirt size (for paid adult registrants only)

☐ S ☐ M ☐ L ☐ XL ☐ XXL

☐ No thanks, no T-shirt

Participant Fee

- ☐ Adult - \$50 ☐ Youth (age 12-17) - \$20 (Finishers Medal, no t-shirt)
☐ Littles (under 11) - \$5 (Finishers Medal, no t-shirt)

For Group/Corporate Rate of 10 or more, please contact Kandee at kandee@OnYourMarkEvents.com

On Site Registration (Day of Event)

- ☐ Adult - \$60 ☐ Youth (age 12-17) - \$25 (Finishers Medal, no t-shirt)
☐ Littles (11 and under) - \$10 (Finishers Medal, no t-shirt)

Choose Your Event

- ☐ 5K Walk ☐ 5K Run (chip-timed event)
☐ 10K Run (chip-timed event)
☐ Virtual Runner – All the benefits, but you pick the time and place. Your shirt and medal will arrive in the mail after the event.

Payment Information

Insert Check with full amount due and mail to address above. For credit card payments, visit ItsYourRace.com and register online.

**ALL ENTRANTS MUST SIGN THIS WAIVER
(parent or guardian must sign if under 18)**

Detach & mail this form (one for each participant) with your registration fee prior to event.

WAIVER: In consideration of my entry and of my own free will, I for myself, my heirs, executors and administrators forever waive and release and give up any and all claims, demands, liability damages, cost and expenses of any kind whatsoever, including personal injuries to me or wrongful death, against HERS Breast Cancer Foundation, Inc., East Bay Regional Parks District, subcontractors, sponsors and volunteers, which may arise from my participation in the HERS Breast Cancer Foundation Run/Walk event on Saturday, September 29, 2018, or while traveling to or from the event, even if caused in whole or in part by the negligence or other fault of the parties or persons I am hereby releasing, by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of their liability without fault. I FULLY UNDERSTAND I AM FOREVER GIVING UP, IN ADVANCE, ANY RIGHT TO SUE OR MAKE ANY CLAIM AGAINST THE PARTIES I AM RELEASING IF I SUFFER SUCH INJURIES AND DAMAGES EVEN THOUGH I DO NOT KNOW WHAT OR HOW EXTENSIVE THOSE INJURIES AND DAMAGES MIGHT BE AND AM VOLUNTARILY ASSUMING THE RISK OF SUCH INJURIES AND DAMAGES. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I grant full permission to any and all organizations which obtain photographs, motion pictures, videotapes, recording of any other record of the event to use them for any purpose whatsoever. As part of the waiver, I acknowledge that I have read and understand all of the above.

Participant Signature _____

Parent or Guardian Signature if under age 18 _____

Date _____

DETACH & MAIL THIS REG. FORM (ONE PER PARTICIPANT) WITH YOUR REG. FEE PRIOR TO EVENT