

TO REGISTER:

Register online at [HERSBreastCancerFoundation.org](https://HERSBreastCancerFoundation.org) or visit [HERSBreastCancer.ItsYourRace.com](https://HERSBreastCancer.ItsYourRace.com)  
OR  
Send registration form to race coordinator On Your Mark Events with a check made payable to HBCF:  
On Your Mark Events  
P.O. Box 1199  
Arnold, CA 95223-1199

Remember to set up your own page to gather donations online ...it's easy!

Visit [HERSBreastCancerFoundation.org](https://HERSBreastCancerFoundation.org) for more information.

SCHEDULE – Saturday September 26th

- 9:00 a.m. FaceBook Live from Fremont
  - Opening Ceremony
  - "Elaine's Circle," including special tribute in memory and honor of Breast Cancer Survivors
  - Dove Release
  - Bollywood Warm-up
- 10:00 a.m. Walkers/Runners Start!
- 10:30 – 11:15 a.m. Yoga
- 2:00 p.m. Facebook Live again with Closing Ceremony

Post you walk, run or yoga pictures on the HERS Facebook page using #HERSWalkRun2020

LEGACY SPONSOR



FREMONT  
BANK  
MEMBER FDIC

REGISTRATION FORM

Online registration available at [HERSBreastCancerFoundation.org](https://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, 2020

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Birthdate (Month/Year) \_\_\_\_\_ ☐ Breast Cancer Survivor

Medals may be picked up at the Fremont location inside Washington Hospital,  
2500 Mowry Ave. Suite 130 beginning September 28<sup>th</sup>.

PARTICIPANT FEE

Quantity	Registration Type	Price ea.	Total
	Individual, walk/run/yoga (1 medal)	\$20	
	Group of 4 walk/run/yoga (4 medals)	\$75	
	Pet (no medal)	\$10	
GRAND TOTAL			

Choose Your Event (only one event type per group of 4)  
☐ 5K Walk    ☐ 5K Run    ☐ 10K Run    ☐ Yoga  
  
☐ I can't attend but will donate. My check is enclosed.

PAYMENT INFORMATION

Inset Check with full amount due and mail to address above. For credit card payments, visit [HERSBreastCancer.ItsYourRace.com](https://HERSBreastCancer.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. If only one waiver is received the signee takes responsibility for all registrants included in payment.

WAIVER: In consideration of my/our entry and of my/our own free will, I/we 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/we or wrongful death, against HERS Breast Cancer Foundation, Inc., subcontractors, sponsors and volunteers which may arise from my/our participation in the HERS Breast Cancer Foundation Virtual Run/Walk event on Saturday, September 26, 2020 or Sunday, September 27, 2020, 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/we 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/WE FULLY UNDERSTAND I/WE AM/ARE FOREVER GIVING UP, IN ADVANCE, ANY RIGHT TO SUE OR MAKE ANY CLAIM AGAINST THE PARTIES I/WE AM/ARE RELEASING IF I/WE SUFFER SUCH INJURIES AND DAMAGES EVEN THOUGH I/WE DO NOT KNOW WHAT OR HOW EXTENSIVE THOSE INJURIES AND DAMAGES MIGHT BE AND AM/ARE VOLUNTARILY ASSUMING THE RISK OF SUCH INJURIES AND DAMAGES. I/we will assume my/our own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my/our participation. I/we 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/we acknowledge that I/we have read and understand all of the above.

Participant Signature \_\_\_\_\_

Parent or Guardian Signature if under age 18 \_\_\_\_\_

Date \_\_\_\_\_

----- DETACH & MAIL THIS REGISTRATION FORM WITH YOUR REGISTRATION FEE PRIOR TO THE EVENT -----



# HERS Breast Cancer Foundation

## Virtual 5K Walk & 5K/10K Run & Yoga

in Support of  
Friends & Family  
Facing Breast Cancer

Saturday, September 26, 2020 or  
Sunday, September 27, 2020

VIRTUAL MASTER OF CEREMONIES:  
Heather Holmes  
KTVU Channel 2 News Anchor



Scan code to register

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



Our mission is to support 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](https://HERSBreastCancerFoundation.org) for all event details, online registration, and the ability to set up your own donation/sponsorship page! Your online donation page can include a personal message, photos and individual fundraising goals and will have maximum fundraising impact. It's easy and convenient. Contacting friends, family and co-workers by email and providing the link gives them immediate access to support you and HERS.

### RACE DETAILS

- We partner with On Your Mark Event Management, a professional race company.
- Race results – To have your time illustrated in results please post our time by September 27<sup>th</sup>, 9:00 p.m. using the IYR Virtual Race App. Final overall results will be posted to HERS ItsYourRace page by September 27<sup>th</sup> at 10:00 p.m.
- Prizes announced every hour from 9am to 2pm on Saturday September 26<sup>th</sup>.
- All participants will receive a finishers medal.
- Yoga option as a gentle alternative to Walk/Run (Saturday only)