



heart & sole
a 5K run to benefit Gabe's Hope

Heart & Sole 5K & 1 mile Fun Run/Walk

Saturday, February 5th, 2011
5k- 9:00am/ Fun Run- 10:00am
*Lakeshore Greenway Trail/Homewood, AL
Greensprings Entrance*

- THE EVENT-** Located at Lakeshore Greenway Trails (Greensprings Entrance, Park at 2nd St Presbyterian)
Heart & Sole 5K: will take place Saturday, February 5th, 2011 at 9:00 am (5k day of event Registration is from 8:00-8:45).
Gabe's Hope Fun Run/Walk: will take place at 10:00am (Fun Run/Walk day of event Registration/Package Pick Up is from 9:00-9:45).
PRE-REGISTRATION PICK UP : Fleet Feet- Feb. 4th
 The Lakeshore Trails course route starts at the Greensprings entrance near the soccer complex and winds through the lush scenery of Homewood. A map of the race route may be downloaded at: <http://www.gabeshopeinc.org/eventmap> .
 ****Light breakfast will be served prior to 5k event and immediately following the event. Proceeds from the race will benefit the Gabe's Hope, Inc. organization. To learn more, please visit www.gabeshopeinc.org .
- AWARDS-** The following 5k categories will be awarded: Age Groups, Overall Male and Overall Female
- REGISTRATION INFORMATION-** Avoid the line on race day! Register early!!!!
5K Pre-registration: \$25 by January 15th, 2011. (t-shirt guarantee)
5K Late-registration: \$30 after January 15th, 2011 or on day of race.
FUN RUN/Walk Pre-registration: \$20 by January 15th, 2011. (t-shirt guarantee)
FUN RUN/Walk Late-registration: \$25 after January 15th, 2010 or on day of race.
 ****You may register online at www.active.com key word: Heart & Sole
 Or send completed registration form and payment to:
 Gabe's Hope, Inc., P.O. BOX 1689, Northport, AL 35476
 ****All mailed forms MUST be post-marked by Monday, January 24th, 2011.
 ****Registrants may pick-up their pre-registration packets at **FLEET FEET** on Feb 4th
- VOLUNTEERING AND MORE INFO.-** For information on volunteer opportunities for the event, please contact Emily Galloway at 205.792.3264 or emgalloway1@bellsouth.net .

Heart & Sole 5K/ Fun Run REGISTRATION FORM

Name: _____
 Phone: _____
 Address: _____ City: _____
 State: _____ Zip: _____
 Email Address: _____ Age on 02/05/11: _____
 T-Shirt Size (circle one): S / M / L / XL / XXL Gender (circle one): Male / Female
 Entry Fee: \$ _____ made payable to Gabe's Hope, Inc.
 Special Gift Donations: You may add any amount to your registration as a special gift to Gabe's Hope \$ _____

I hereby, in consideration of myself, my heirs, executors and administrators, waive all rights and claims for damages I may or hereafter have against individuals associated with the Heart & Sole 5K race, their agencies, and representatives, for any injuries suffered by me in this event. I certify that I have full knowledge of the risks involved in this event and that I am physically fit to participate in it and have no medical conditions that prevent my participation. I consent to receive medical treatment deemed advisable in the event of injury, accident, or illness during this event. I authorize the use of my name and picture to be used in any promotional materials associated with this event.

Signature (parent or legal guardian if under 18) _____ Date _____