

Temple Emanuel 5K Run for SHIM Registration Form

Name _____

Email _____

Phone _____

Name(s) and Age(s) of Participants

Registration Fee:

Individual \$18.00

Family Max \$54.00

Additional Donation for SHIM \$ _____

Total \$ _____

- Waiver of Liability for all family members participating (Required) I/we agree to the waiver By indicating your acceptance, you understand, agree, warrant and covenant as follows: In consideration of your accepting my entry, I/we, intending to be legally bound, do hereby, for myself, my heirs, executors, and administrators, forever waive, release and give up any and all claims, demands, liability, damages, costs and expenses of any kind whatsoever, including personal injuries to me or wrongful death against, Temple Emanuel, sponsors, volunteers, their employees, representatives, agents and heirs, which may arise from my participation in the Temple Emanuel SHIM 5K on May 18th 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 person 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 attest that I am physically fit and sufficiently trained for this strenuous competition. I will assume my own medical and emergency expenses. Return this form with your check payable to Temple Emanuel to 1250 Bower Hill Rd., Pittsburgh, 15243



Temple Emanuel member, ECDC and Torah Center mom, Cara Nash Snyder is President and a founding member of 412Thrive. She is living with metastatic breast cancer and knows the importance of having support and community.

412Thrive is a fast-growing Pittsburgh-based 501c3 non-profit that supports those impacted by breast cancer and genetic mutations linked to breast cancer. They have over 600 women in their tribe, as it really does take a village! Their mission is to provide a community of support and sisterhood. A safe and secure place to build friendships. A place where they lift each other up. 412Thrive supports all ages and stages, from previvors to metastatic thrivers. Everyone is considered a Thriver.



The proceeds of your shirt purchase will be donated directly to 412Thrive! Thank you for your support!

Shirt options:

- Adult unisex jersey tee - available sizes: small - 3XL: \$20
- Adult unisex hoodie sizes - available sizes: small - 2XL: \$40
- Youth hoodie - available sizes: small - youth large : \$40

List your order here – please make sure to specify both shirt type and size:

Total from the front: _____

Total for shirts: _____ Amount enclosed: _____