Race Schedule

8:15 am

Registration Opens

9:00 am

Kid's Dash Races (Ages 3-10)

9:30 am

5K Walk/Run

Fundraising

Support our mission simply by registering for the race, sponsoring a runner, or making a "no sweat" donation. Recruit your friends, family, and coworkers to join in the fun and support AFTH's Birthmother Fund.

For every $25 you raise, you will receive one entry into a raffle for a Samsung Galaxy Tablet!
More details at www.afth.org

Not interested in running or walking in the race? "No Sweat" Donations can be made by fundraising through friends, family, local businesses, etc. All donations can be given online at **www.afth.org**, at packet pick-up or during registration on race day!

Awards

Teams of 4 or More Save $5 Each on Registration!

- Top Individual Fund Raiser
- Top Team Fund Raiser
- ALL Kid's Dash Participants
- Top Male and Female Finishers in the following age groups:

19 & Under
20-29
30-39
40-49
50-59
60+

Early Packet Pick-Up

Those registered for the 5K Walk, Run, or Kid's Dash may pick-up their packets including, t-shirts, and race bibs

Friday, April 12th from 11am-7pm

at AFTH's Wynnewood Office
30-31 Hampstead Circle, Wynnewood, PA 19096

Pick-up your race packets early for a free raffle entry!

Race to Support!

All proceeds raised from the *Find Her Footing 5K* Benefits Adoption From The Heart's Birthmother Fund.

The Birthmother Fund supports women who have worked with Adoptions From The Heart, both before and after pregnancy. AFTH has worked with thousands of pregnant women considering adoption. **Each woman is facing unique challenges and many find themselves in need of a little additional financial support to help with housing, food, transportation etc. in order to regain their footing.** Those in need are not demanding financial help but are silently trying to find a way out. A little financial relief from difficult circumstances can make a huge difference and AFTH has seen it propel women into a better place with ongoing stability.

Read more about **The Birthmother Fund** and hear stories from birth parents at www.afth.org under "Support Our Mission".

From the bottom of our hearts, we thank you for your support and donations!

Adoptions From The Heart®

Register Online at www.afth.org
Questions? Call (610) 642-7200

Adoptions From The Heart's
Find Her Footing 5K
Pre-Registration Form

Register participants individually. Please send all family registrations in the same envelope. Photocopies are acceptable.

☐ 5K Walk ☐ 5K Run ☐ Kid's Dash (Ages 3-10)

Name: _____

Address: _____

_____

_____

Phone: _____

E-mail: _____

Age: _____ Gender: ☐ Male ☐ Female

Team Name: (If Applicable) _____

Captain's Name: _____

Captain's Phone: _____

Captain's E-mail: _____

T-Shirt Size:

Youth	☐ Sm	☐ Med	☐ Large
Adult	☐ Sm	☐ Med	☐ Large
	☐ XL	☐ XXL	

Pick up your shirt with packet pick-up (4/12/13) or on race day. Shirt size cannot be guaranteed.

Waiver: In consideration of being permitted to participate in this event, I hereby for myself, my heirs and personal representatives assume any and all risks which might be associated with the event and I further waive, release, and discharge and covenant not to sue sponsors, officials, contributors, organizer, volunteers, and beneficiaries or their successors and assignees for any and all injuries or damages of any kind whatsoever suffered by me as a result of taking part in the event and/ or any related activities. I also give permission for free use of my name and picture in any broadcast, telecast or other accounts of the event.

One signature per application.

Signature: _____

Date: _____

Parent/Guardian if under 18 years:

Signature _____

Date _____

(Please see other side)

Adoptions From The Heart®

Registration Due by Thursday, April 4, 2013

5K Walk or Run (T-Shirt Included) ☐ $20

Team Member (4 or More) (T-Shirt Included) ☐ $15 **All team members must register separately

Kid's Dash (ages 3-10) (Does NOT include T-Shirt) ☐ FREE

T-Shirt Only ☐ $7 Youth ☐ $10 Adult

Birthmother Fund Donation $ _____

Entry Fees after deadline or on Race Day, **add $10

"No Sweat" Donations

I am unable to participate, but please accept my donation of

$ _____

Payment Method

☐ Check enclosed (payable to Adoptions From The Heart)

☐ Credit card:

☐ Visa/MC ☐ AmEx ☐ Discover

Card Number _____

Exp. Date _____

Name _____
(As It Appears on Card)

Amount $ _____

Signature _____

Please complete **both sides** and mail this form to:

Find Her Footing 5K
Adoptions From The Heart
30-31 Hampstead Circle
Wynnewood, PA 19096

OR

Register Online at www.afth.org

Questions? Call (610)642-7200

Adoptions From The Heart is a private, non-profit, 501(c)(3), adoption agency. Since 1985, the mission of Adoptions From The Heart is to provide safe and loving homes for children and offer quality, comprehensive services to adoptive families, birth parents and children.

With office locations in Pennsylvania, New Jersey, Delaware, Connecticut, Virginia and services in New York, Adoptions From The Heart offers free services to pregnant women. Services include legal and medical assistance; and supportive counseling and care. Available 24/7, AFTH staff are here to help.

AFTH offers domestic adoption, homestudy services, embryo placement assistance, and surrogacy in India. Through educational, counseling and support programs, AFTH strives to help strengthen families, support birth parents and educate the community.

For Race Updates & Fun
#FindHerFooting5K
Tweet us @afth_org

Adoptions From The Heart®

Adoptions From The Heart
30-31 Hampstead Circle
Wynnewood, PA 19096

www.afth.org

Adoptions From The Heart®

FIND HER FOOTING 5K

Sunday, April 14th, 2013

Delaware County Community College
Media, PA

For Race Updates & Fun
#FindHerFooting5K
Tweet us @afth_org

Fun for All Ages!
5K Walk/ Run
Kids Dash & More