

ADINA'S ANGELS 5K WALK REGISTRATION FORM - KINDLY RESPOND BY FRIDAY, SEPTEMBER 14

Please fill out and send in the response envelope along with your signed Release and Waiver of Liability, on the reverse side.

Name (s) _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____ T-Shirt Size _____

We respect your privacy and never share your information with any third party.

☐ **YES I will walk and raise a minimum of \$150. To register online to walk, fundraise and sign electronic waiver, please go to <https://give.classy.org/5KWalkAdinasAngels>**

☐ I will be a Sponsor at this level: ☐ Angel Sponsor: \$2500 ☐ Rainbow Sponsor: \$1500 ☐ Butterfly Sponsor: \$1000 ☐ Family Sponsor: \$500

☐ I'm unable to walk, but would like to make a contribution to The Adina's Angels Fund at Friends of Karen \$ _____

☐ Enclosed is my check made to Friends of Karen \$ _____

☐ Please charge my donation of \$ _____ to my: ☐ Visa ☐ Mastercard ☐ Discover ☐ American Express (Minimum charge of \$15)

Card Number _____ Security Code _____ Exp. Date _____ Signature _____

Your donation is 100% tax-deductible.

Friends of Karen, 118 Titicus Road, North Salem, NY 10560
www.friendsofkaren.org

For more information contact Gwen Salmo
at (914)617-4051 or gwensalmo@friendsofkaren.org



Friends of Karen is a 501(c)(3) charity.
All donations are 100% tax-deductible.



BE PART OF THE COMMUNITY THAT CARES!

Sponsors are
listed on back of
5K Walk T-Shirt



TAKE A WALK WITH YOUR FRIENDS AND FAMILY...

HOW DO YOU SUPPORT CRITICALLY-ILL CHILDREN AND BUILD CAMARADERIE AND GOODWILL?

SUNDAY, OCTOBER 7, 2018
9AM-12PM
ROCKLAND LAKE STATE PARK
VALLEY COTTAGE, NEW YORK

40 years
1978 - 2018





Dear Friends,

"When someone you love becomes a memory...that memory becomes a treasure."

"Those we love can never be more than a thought away. For as long as there's a memory, they live in our hearts to stay."

"Losing a loved one leaves a heartache no one can heal. But their loving memory is a precious gift that no one can steal."

That's how I feel about my children, Adina and Justin, who left this earth too soon. But as long as we continue to celebrate their lives and honor their memory, they will always be alive in our hearts.

With that said, I would like to invite you to attend our 1st Adina's Angels 5K Walk event to be held at Rockland Lake State Park in Valley Cottage, NY on October 7, 2018. Adina's Angels was established in 2010 as a legacy for Adina and Justin, to support the Friends of Karen organization, so they can continue helping families with critically-ill children receive emotional and financial support during their time of need.

No family should ever have to face this nightmare alone. With your generous support, Friends of Karen can continue to do the wonderful work they do to help families during this difficult time...like when they helped my family during our darkest days.

So, please walk with me along with your family, friends and colleagues at this wonderful fundraising event. And thank you for your incredible support and generosity throughout the years.

I look forward to seeing you at the Park!

Thank you,

Paula



JOIN US!
ALL ARE
INVITED!



5K
WALK
2 0 1 8

DETAILS ABOUT THE EVENT

DATE: Sunday, October 7, 2018

TIME: 9am - 12pm

LOCATION: Rockland Lake State Park, Valley Cottage, NY

BE A WALKER

Because Adina's Angels 5K Walk is a fundraising event, we do not charge a registration fee. Rather, **we encourage you to set a minimum goal of \$150 and utilize our fundraising page** to ask your family, friends and colleagues to sponsor you on your walk. **To create your fundraising page go to - <https://give.classy.org/5KWalkAdinasAngels>**. Every walker will receive a Walk T-Shirt and snacks. For the safety of others, no strollers or pets allowed on the walk.

BE A SPONSOR

Please consider being a sponsor for the 5K Walk. Your sponsorship includes: Your name or logo on our Walk T-Shirt, on all printed materials, on mile markers during the walk, and your participation in the 5K Walk! Sponsorship levels include:

Angel Sponsor: \$2,500	Butterfly Sponsor: \$1,000
Rainbow Sponsor: \$1,500	Family Sponsor: \$500

MAKE A DONATION

If you would like to support this event, but are unable to join the walk, mail your donation in the enclosed envelope. Every dollar that you contribute to the Adina's Angels Fund at Friends of Karen especially helps strengthen the support for siblings coping with their brother's or sister's illness.

ADINA'S ANGELS 5K WALK

Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement

October 7, 2018

In consideration of the Adina's Angels 5K Walk, I represent that I understand the nature of walking events and that I am qualified, in good health, and in proper physical condition to participate in this activity. I acknowledge and agree that if I believe event conditions are unsafe, I will immediately discontinue participation. I will comply with instructions as provided by the Walk supervisors, I will follow the stated 5K Walk route, and I will not embark until walk crew is in place and the walk route is officially opened.

I hereby release, discharge, and covenant not to sue Friends of Karen, Inc. (the event coordinator) or their respective administrators, directors, agents, officers, volunteers, employees, other participants, additional sponsors, advertisers and, if applicable, owners and lessors of premises on which the activity takes place (each considered one of the 'RELEASEES' herein) from any and all liability, claims, demands, losses, causes of action or damages of whatever kind or nature, arising from or related in any way to my participation in the 5K Walk caused or alleged to be caused in whole or in part by the negligence of the releasees or other causes, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk I make a claim against any of the releasees, I will indemnify, save, and hold harmless each of the releasees from any loss, liability, damage or cost which may be incurred as the result of such claim, including reasonable attorney's fees. I also grant permission to any and all of the Released Parties to use any photographs, videotapes, motion picture recordings or any other record of the 5K Walk event for their purposes.

I have read this Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement. I understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all claims and liability to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid the balance notwithstanding shall continue in full force and effect.

Signature of Participant

Parental Signature of Participant if Under 18

Date