

# 2013 5<sup>th</sup> ANNUAL HOUSE OF MERCY 5K



725 Hudson Ave  
Rochester, NY 14621  
585-546-2580

Proceeds support the charitable work done by  
The House of Mercy

[houseofmercyrochester.org](http://houseofmercyrochester.org)

## REGISTRATION FORM

**T-SHIRTS**  
*for the first 150 registrants*

**USATF**  
*certified course*

**KIDS FUN RUN**  
*and other activities for kids*

**FREE PANCAKE BREAKFAST**  
*following the race*

**OCTOBER 12<sup>TH</sup>**  
*check-in @ 7:30AM*  
*race starts @ 9:00AM*

**GENESEE VALLEY PARK**  
*roundhouse shelter*

### ADULT/YOUTH PRICES

- *through October 11th*     \$20
- *day of race*                     \$25

### CHILD PRICES (UNDER 10)

- *through October 11th*     \$7
- *day of race*                     \$10

Mail with check payable to  
House of Mercy:

**House of Mercy**  
**Attn: 5K**  
**725 Hudson Ave**  
**Rochester, NY 14621**

register online @ [www.runforhouseofmercy.com](http://www.runforhouseofmercy.com)

NAME	PHONE #	E-MAIL	AGE	SHIRT (adult)	SIGNATURE (of parent/guardian if under 18)
				XS S M L XL	
				XS S M L XL	
				XS S M L XL	
				XS S M L XL	
				XS S M L XL	
				XS S M L XL	
				XS S M L XL	
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				XS S M L XL	

sponsored by:



ROCHESTER STAKE OF THE  
**THE CHURCH OF  
JESUS CHRIST  
OF LATTER-DAY SAINTS**

### WAIVER and RELEASE

In consideration of being permitted to participate in the House of Mercy 5K as either a walker or runner, I hereby for myself, my heirs, and personal representatives assume any and all risks that might be associated with the event. I further waive, release, discharge, and covenant not to sue The House of Mercy, its officers, employees, sponsors, organizers, volunteers, or other representatives, or their successors, and assigns, for any and all injuries and damages of any kind whatsoever suffered as a result of taking part in the event and related activities. I also agree to the use of my depiction in any photo, film or digital or analogue video or audio production of the event for the lawful business purposes of The House of Mercy at their sole discretion without compensation or remuneration of any kind.