



**Ave Maria Foundation Virtual 5K Run/Walk*
Individual Registration**

Complete your 5K Run/Walk anytime between April 18 – May 1, 2022

Check One

- 5K Individual \$25
- 5K Student/Child (18 years and younger) \$15
- Family (Up to 4 Participants) \$65
- Spirit Runner \$20 (donation, not participating in 5K)

*Refreshments and pick up Race Shirts & Medals at Ave Maria, Sunday, May 1, 2022, from 1-3 p.m.

Name: _____ Age: _____ Sex: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone/Work: _____ Cell: _____ Home: _____

Email: _____ Shirt Sizes: Adult S, M, L, XL & XXL _____

Credit Card: VISA MC Discover AMEX Card # _____

Expiration Date: _____ Security Code: _____

Register on-line at www.avemariahome.org or complete form and return with your check or credit card information payable to: Ave Maria Foundation of Memphis, 2805 Charles Bryan Road, Bartlett, TN 38134. For information, call Lisa Bell at 901-405-3791. Your contribution is tax deductible to the extent allowed by law

**Ave Maria Foundation 5K Run/Walk
Waiver & Release Form**

I, _____ (print name), acknowledge that my participation in the Ave Maria Foundation 5K Run/Walk may involve a risk of injury, including bodily injury, and assume the risk for same. On my own behalf and on behalf of my heirs and legal representatives and to the fullest extent permitted by law, I hereby release and discharge Ave Maria Foundation and Ave Maria Home, and their respective board members, officers, and employees from any and all liability for injury, death, or damages and/or any other claims, demands, losses or damages, incurred by me in connection with any aspect of the 5K Run/Walk.

If I am an employee of Ave Maria Foundation or Ave Maria Home, I acknowledge that my participation in the 5K Run/Walk is completely voluntary and does not constitute part of my work-related duties. I understand that my decision to participate, or not participate, in this activity will not affect my job status.

Signature: _____ Date: _____

Signature of Parent: _____ Date: _____

(If under 18)

Please return completed waiver with Individual Registration Form.