



5th Annual HEEL to HEAL

5k/10k Run 5k Walk

Dogs are welcome, too!



When: Saturday, June 10, 2017

Registration: 7:00 – 8:00 a.m.
 10k Run Start: 8:00 a.m.
 5k Walk/Run Start: 8:15 a.m.
 Awards: 9:30 a.m.

In support of:
**HEALING TOUCH WORLDWIDE
 FOUNDATION INC.**

Where: Voice Of America Park
 7850 VOA Park Drive,
 West Chester, Ohio 45069

Packet pick-up: Mojo Running Store
 8777 Cincinnati-Dayton Rd., West Chester, OH
 Friday June 9, 11am – 5:00 pm or at the Race: 7- 8:00 am

Cost:	5k	10k
All Early Bird	\$25	\$30
April 15th	\$35	\$40
Race day	\$45	\$50
Walk with Dog	+\$5	+\$5
Mail me a T-shirt only	\$30	

Event Post-Run Fun:

- Free Healing Touch for you or your dog
- Raffle - Holistic Gift & Certificates
- Stretch Yoga - Healthy snacks
- Stretching/Trigger point therapy
- Face painting for children of all ages

- * **Technical T-Shirt** included with **pre-registration by May 31st**
- * **One Hour Massage** gift card for **All Overall Male & Female** 1st, 2nd & 3rd
- * **Medals for Age Group** Male & Female 1st Place
- * **Individual or Team Fundraising Competition** - Great BONUSSES: raffle tickets, gift cards, 1 hr Message!
- * **FREE \$10 Earthwise Pet Store gift card** to the first 35 registrants!

REGISTER ONLINE: www.HEELtoHEAL.com

CHECKS payable to **HTWF -- MAIL** to: 8219 Sweet Briar Ct., Liberty Township, OH 45044

All proceeds fund grants for Healing Touch Research, Service & Education.

Heel to Heal 5k/10k Run - 5k Walk Registration Form

Name: _____ Fee _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Tel. _____

Age (May 15, 2017) _____ **Sex:** F M **5k Run** _____ **10k Run** _____ **5k Walk** _____ **with Dog** _____

T-Shirt: **Female:** S M L XL XXL 3XL **Male:** S M L XL XXL 3XL

Waiver/release: (must be signed by participant): In consideration of the acceptance of my entry. I for myself, my executors, administrators, and assignees, do release and discharge The Healing Touch Worldwide Foundation, their officials, volunteers, members, and sponsors, from any and all claims, damages, demands, or causes of action whatsoever in any manner directly or indirectly arising out of or related to my participation in the said Heel to Heal 5K event. I understand the risk involved in such a walk/run, and that I am physically fit and have trained adequately in preparation. I also give The Healing Touch Worldwide Foundation permission to use any photographs, video or other recordings of me that are made during the course of this event.

Participant Signature _____ Date _____ Parent Signature (If entrant is under 18 years of age) _____

Emergency Contact name _____ Phone Number _____