



**October 7, 2023 at 8:00AM**

SPONSORED AND HOSTED BY  
**TRINITY CHURCH**

Course starts and ends at Trinity Church  
9225 Johnnycake Ridge Road in Mentor

**REGISTRATION FEES:**

**5K** | \$20 before September 1; \$25 after  
**1-Mile Fun Run** | \$15 before September 1; \$20 after  
Last day for guaranteed t-shirt is September 1

All proceeds will benefit Hannah's Home, a maternity home located in Mentor, Ohio for single pregnant teens and young women ages 18 and over. For more information, go to [hannahshome.org](http://hannahshome.org).

# HEART + HOME 5K and 1-MILE FUN RUN REGISTRATION FORM

Want to register online? Head to [heartandhome5k.com](http://heartandhome5k.com)!

**CONTACT**

Katherine Wetzel, Race Director  
Phone: 440-974-9614  
Email: [kathyw@trinitymentor.com](mailto:kathyw@trinitymentor.com)

**MAIL THIS FORM**

**with check made payable** to Trinity Church  
9225 Johnnycake Ridge Road  
Mentor, Ohio 44060

**REGISTRATION TYPE:**  5K [\$20 before 9/1; \$25 after]

1-Mile Fun Run [\$15 before 9/1; \$20 after]

**NAME:** \_\_\_\_\_ **AGE ON RACE DAY:** \_\_\_\_\_

**GENDER:** M or F

**T-SHIRT SIZE:** (Men's) S M L XL XXL  
(Ladies') S M L XL XXL  
(Youth) S M L

Registration form must be received by September 1 to guarantee t-shirt selection.

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**PHONE:** ( ) \_\_\_\_\_ **EMAIL (REQUIRED):** \_\_\_\_\_

**EMERGENCY CONTACT (NOT A RACE PARTICIPANT):** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**OPTIONAL ADDITIONAL AMOUNT DONATED TO HANNAH'S HOME:** \$10 \$25 \$50 OTHER: \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED:** \$ \_\_\_\_\_

I accept that I compete in this event at my own risk and I hereby waive and release the event, Heart + Home 5K, and any city or village, sponsor, officer, and member of said organization, their representatives, successors, assigns, and any individuals who are in any way connected with this event from all rights and claims to any accidents, injury or loss suffered as a consequence of my participation.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

(Parent or guardian signature required if under 18)

