

2022

# A Heart Like Ava 5K

Saturday, November 12, 2022 @ 10:00 a.m.

Gallipolis, Ohio

Registration begins at 9:00 a.m at Holzer Sycamore Branch parking lot.



**Registration: \$25**

Register by Nov. 4<sup>th</sup> to guarantee a race shirt.

Chip timing provided by TSR Timing Group

**Shirt Options: (circle one)**

Adult: S M L XL 2XL(+\$2) 3XL(+\$3)

Youth: XS S M L XL

(Price of shirt included with registration prior to Nov. 4<sup>th</sup>, but please include extra fee as noted for sizes larger than Adult XL)

\_\_\_\_\_  
Name

\_\_\_\_\_  
Age as of 11/12/2022

\_\_\_\_\_  
City, State, ZIP

\_\_\_\_\_  
Email Address

\_\_\_\_\_  
Cell Phone # (for race results only)

Make check payable and mail to:  
  
**A Heart Like Ava**  
**PO Box 1220**  
**Gallipolis, OH 45631**

A Heart Like Ava is a 501(c)(3) non-profit charity dedicated to raising funds for Congenital Heart Defect research, raising CHD awareness, and assisting families affected by CHDs.

**Since 2014 AHLA has contributed \$75,000 to CHD research!** Additional funds raised have been utilized to provide care packages and other financial assistance to families affected by CHDs. We could not do it without YOUR support! Please visit [www.aheartlikeava.org](http://www.aheartlikeava.org) for more information.

**Waiver** (Read before signing):

I know that participation in this event is a potentially hazardous activity. I will not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of any race official as to my ability to safely complete the event. I assume all risks associated with this event, including but not limited to falls, contact with other participants, effects of weather, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release A Heart Like Ava, The City of Gallipolis, Gallia County, Holzer Sycamore Branch, Tristate Racer and Timing Group, race officials, volunteers, and all sponsors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purposes.

\_\_\_\_\_  
Signature of Participant (Parent or Guardian signature if under 18 years of age)

\_\_\_\_\_  
Date