

# 10<sup>th</sup> Annual Carissa's Run

10K & 2Mile Fun Run/Walk

Heber-Overgaard, AZ

Saturday July 7<sup>th</sup>, 2018

Location: Capps Middle School in Heber, Az

Race Day Registration: 5:30 am  
Cash Only. The 10K will start at 6:00am, followed by the 2 Mile at 6:10am.

Course: 10K is a loop with hills, all on a paved surface or sidewalks. 2 Mile is a turn around on paved surface through a neighborhood in Heber. Water stations are placed throughout the course. Strollers are welcome; NO bicycles, & NO animals please.

Contact Information:

Elisa Hall (928)240-0630

Valerie Reynolds (928)409-0023

“Carissa’s Run” was named after a sweet young girl, who brought joy to her family during her brief life. In Carissa’s memory and the memory of other dear children, Carissa’s family and friends wanted to do something to benefit the community.

**Over the years, Carissa’s Run has donated to or sponsored several community activities, some of them are:**

- Ponderosa Little League
- Summer Library Program
- Various Activities at MHS
- Golden Mustang Program
- Activities at Mountain Meadows & Capps Middle School
- Youth Soccer Program
- Community Food Bank
- MHS Volleyball Dig Pink
- Youth for America
- Heber-Overgaard Chamber

*Join us as we end Carissa's Run with a bang! It has been a great 10 years, and we couldn't have done the run this long without our supportive community; but it is time to pass the torch along. THANK YOU from the bottom of our hearts!*

Runners Name	Event (Circle one)	Shirt Size YS-A3XL
	10K-\$30 2 Mile-\$20	

I, \_\_\_\_\_ (printed name of participant) know that running is a potentially hazardous activity. I should not enter and run unless I am physical fit and medically able. I hereby certify I am in good health to run the distance of the race that I am entering. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this running event, I for myself and anyone entitled to act on my behalf, waive and release the town of Heber-Overgaard, the Chamber of Commerce of Heber-Overgaard, Capps Middle School, Race Organizers, and their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though liability may arise out of negligence or carelessness on the part of the persons or entities named in this waiver. I grant permission to all the foregoing to use my photographs, motion pictures, recordings, videos or any other recordings of their event for legitimate purpose related to Carissa's Run.

\_\_\_\_\_  
(Signature and date)