

open your heart



to a rabbit



Healthy Habits
www.HealthyHabitsStudio.com

Healthy Habits Studio

2224 J Street
Sacramento, CA 95816
916-444-7729
www.HealthyHabitsStudio.com

RUN FOR THE BUNS Benefitting the *Sacramento House Rabbit Society*

Sunday, March 22, 2015

8:00 am: 10K | 9:00 am: 5K | 10:00 am: 1 mile walk
(untimed)

Walk or Run to help the Buns!

Choose the 1 mile, 5K or 10K and go at your own pace

Individuals: \$35 donation / includes t-shirt (\$45 after March 15)

Family: \$60 donation / includes 2 t-shirts (\$70 after March 15)

Join Run for the Buns and bring your family and friends to help us support the **Sacramento House Rabbit Society** in their rescue, adoption and outreach programs.

registration form on back and online at runforthebuns.org



About the House Rabbit Society

The House Rabbit Society is a non-profit organization dedicated to rescuing and finding loving homes for abandoned and unwanted rabbits. HRS is also committed to educating people about the unique nature and proper care of these wonderful, intelligent companion animals. Find out more about the Sacramento House Rabbit Society at allearsac.org.

By entering the fun run, you are helping us make a difference in the lives of homeless and abandoned animals. This event is produced and staffed by generous volunteers; all funds raised go to the non-profit organization. You'll get to meet the foster bunnies and enjoy delicious post-run treats!

Get Ready to Run!

Complete the registration form and sign the waiver below (also available online at runforthebuns.org). Early bird discount and mail registration ends March 15. In person registration at Healthy Habits Studio available through March 21, or sign up at the event. **Groups are welcome – bring your family, friends and co-workers.** Dress for comfort and plan on a casual and fun event! Start training now for the distance of your choice. The family rate of \$60 means you and your kids can enjoy a fun activity together while getting exercise and helping bunnies.



Run for the Buns

Sunday, March 22, 2015 8:00 – 11:00 am

Register online: at www.runforthebuns.org, or email this form to frontdesk@healthyhabitsstudio.com

Or mail (before March 15) or bring to: Healthy Habits Studio, 2224 J Street, Sacramento, CA 95816, telephone 916-444-7729.

Include payment by check or credit card: Make check payable to Sacramento House Rabbit Society. One individual or family per entry form. Individual entry includes 1 t-shirt; family entry includes 2 t-shirts. T-shirts and bunny ears will also be available for purchase. (\$35 per individual before March 15, \$45 per individual after; \$60 per family before March 15, \$70 per family after).

Day of Event Check in: Free parking available on J Street, 22nd Street or 23rd Street, or park in the adjacent lot for \$2. Arrive 30–60 minutes before your event to allow time for check-in.

----- Cut here ----- Keep top portion for your records ----- Mail bottom portion to us -----

Waiver: In consideration of your accepting this entry I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators, waive and release any and all rights and claims or damages I may accrue against the persons and organizations affiliated with the event for any and all injuries that may be suffered by me or en route to or from the event. I attest that I am physically fit and sufficiently trained for this event, my physical condition verified by a licensed MD during the last 6 months. This also releases photos and videos taken at the event for future Run for the Buns event promotions. I am responsible for the pets or guests I bring to the event. As part of this waiver, I acknowledge that I have read and understand all of the above.

Signature _____ Date _____

Name (Please print CLEARLY!) _____

Address _____ City _____ State _____ Zip _____

Phone cell _____ home _____ work _____ email _____

Additional donation to SHRS: \$ _____

I can't be there, but here is my donation: \$ _____

Check enclosed

Please charge my credit card number:

Choose your event: 10K (6.2 miles) 5K (3.1 miles) 1 mile

Individual Entry

Family Entry (1 or 2 adults and up to 3 kids) Names and ages of participants:

_____-_____-_____- cvv# (back of card) _____ exp _____ / _____ Signature: _____

Name on card _____ Zip code of your address for credit card bill _____ Total amount to be charged \$ _____