



Barbados Defence Force

“Have a Heart”

Charity Walk/Run

Proceeds in aid of
 The Precious Touch Foundation Inc.
 Barbados Defence Force Morale, Welfare and Recreation Fund

Saturday, 10 August 2019 **START TIME: 6:00A.M. Sharp**
FROM BARBADOS COAST GUARD HEADQUARTERS, PELICAN
BASE TO BARBADOS DEFENCE FORCE HEADQUARTERS, ST
ANN’S FORT, THE GARRISON, ST. MICHAEL

Registration Fees

Children	(12 and under)	- \$10
Adults		- \$20
Group	(10 or more)	- \$15 per person

Name _____

Address _____

Phone _____ (home) _____ (cell) Sex _____ Age _____

Email _____ Date _____

Waiver of Liability: In consideration of signing this waiver, I waive any and all claims for myself, my administrators, executors, agents, assigns, personal representatives and my heirs against all officials, sponsors, and organisations connected with the 2019 Digicel & BDF “Have a Heart” Charity Run/Walk, for injury or illness that may directly or indirectly result from my participation in this event. I attest that I have full knowledge of the risks involved in this event, and that I am physically fit and sufficiently trained to participate in the 2019 Digicel & BDF “Have A Heart” Charity Walk/Run. I further agree that my image may be used for any promotional purposes associated with this event.

(Parent /guardian if under 18 years of age) Signature _____

T-shirt size: XXL XL L M S XS (circle one)

Official Use Only: Children Adult Group