

Seventh Annual

# 5K FOR RELIEF

October 1, 2016

**Location:** Rockingham County Fairgrounds

**Race Begins:** 8:30 am

**Arrival:** Come between 7:30 and 8:00. Same day registration closes at 8:00. Find us on the field behind the auction building.

**Cost:** \$25 online or \$30 on site

**T-Shirts:** Free shirts for runners who pre-register by September 21

**Breakfast:** Available by donation from 7:30 am-10:00 am



Please support Mennonite relief efforts around the world by participating in the Virginia Mennonite Relief Sale's 5K race

*All runners, joggers, walkers, youth, and strollers are welcome!*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ T-Shirt Size (Youth or Adult): \_\_\_\_\_

Emergency Contact Name and Number: \_\_\_\_\_

Church Affiliation: (Optional) \_\_\_\_\_

Waiver & Release: In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I waive any and all present and future claims for property damage, personal injury, or wrongful death, arising out of or as a result of participating. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Signed: \_\_\_\_\_ (Parent signature if under 18)

Return form to Julianne Ross or Gini Trotter 1331 Greystone St. Harrisonburg, VA 22802

Online Registration : [runwalkjog.com/relief](http://runwalkjog.com/relief)