

**5k/Family Fun-Walk To Raise Domestic Violence Awareness**

**Virginia Creeper Trail-Pecan Street, Abingdon,Va**

**Sunday, October 12th**

**2:00 pm (beginning with the 5k Run, with the Family Fun-Walk to follow)**

* Pre-registration (Open)- $20.00

* Race-day registration (10/12) --$25.00

* Please make checks payable to Harry L. Coomes Recreation Center

* Form can be mailed to:

 Harry L Coomes Recreation Center

300 Stanley St

Abingdon, VA 24210

* T-shirts guaranteed for those who register on or before 10/1/14. Those who register on or after 10/2/14 will receive T-shirts while supplies last
* Registration enters participants in drawing for a chance to win Door Prizes
* Trophies awarded to Top Male and Top Female 5k participants
* Timed Event

**\***All proceeds to benefit local domestic violence programs

*\*Sponsored by the Harry L. Coomes Recreation Center, Abingdon*



**Registration Form**

Last Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ First Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_M.I.\_\_\_

Sex\_\_\_\_ Date of Birth\_\_\_\_\_­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City\_\_\_\_\_\_\_\_\_\_\_ State\_\_\_\_\_\_\_\_\_\_\_\_ Zip\_\_\_\_\_\_\_\_ Phone ( )\_\_\_\_\_\_\_\_\_\_\_

Race-day Emergency Contact (name and phone)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Circle T-shirt size: S M L XL XXL

\*Waiver\*

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| IN CONSIDERATION FOR ACCEPTING MY ENTRY IN THIS RACE, I FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE ORGANIZERS AND SPONSORS OF THIS EVENT. I ALSO RELEASE THE ABOVE NAMED FOR ALL CLAIMS OF DAMAGE DEMANDS, AND ACTIONS IN ANY MANNER DUE TO ANY PERSONAL INJURIES, PROPERTY DAMAGE, OR DEATH SUSTAINED AS A RESULT OF MY TRAVELING TO AND FROM AND MY PARTICIPATION IN SAID RACE. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPETITION OF THIS EVENT. IN FILLING OUT THIS FORM, I ACKNOWLEDGE I HAVE READ AND FULLY UNDERSTAND MY OWN LIABILITY AND ABILITY. STROLLERS ARE NOT ALLOWED ON THE RACE COURSE. |

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| SIGNATURE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ (Parent signature if under the age of 18) |

For more info, please contact:

Jacqui Pile (276)-623-5279

OR

Candi Blair (423) 652-9093