



# Sadie Rose 5K

**Sunday, April 26, 2015**

Wilbur Pence Middle School, Dayton, Va.

Registration: 12:45-1:45 p.m.

Race start: 2 p.m.

*All proceeds benefit The Sadie Rose Foundation, a non-profit 501(c)3 organization that provides support for child, infant, and pregnancy loss to residents of the Shenandoah Valley.*

- \* A 3.1-mile **course** on paved and gravel roads in the rolling hills around Dayton. Suitable for large-wheeled strollers. Well-behaved, leashed dogs welcome.
- \* Generous merchandise **awards** to overall male and female winners, as well as deep age groups.
- \* Post-race **refreshments** available to all runners and spectators.

**HOW TO ENTER**

- \$20 before April 15** guarantees t-shirt; **\$25 after April 15** and on race day.
- Family/team discount** of \$18/individual regardless of entry date.
- Teams and individuals** are welcome to **run in honor of a child.**
- Register, join a team, and donate at [www.sadierosefoundation.org](http://www.sadierosefoundation.org)!**

For more information or to volunteer on race day, email [regina@sadierosefoundation.org](mailto:regina@sadierosefoundation.org) or call (540) 820-3918.

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

T-shirt size:            S            M            L            XL            XXL

Circle:                    Male                    Female

12U 13-19 20-29 30-39 40-49 50-59 60-69 70 plus

TEAM NAME \_\_\_\_\_

I am participating to honor a family or child: Yes    No

Child's name (optional): \_\_\_\_\_

One form per participant please. Make checks out to SRF 5K and mail to PO Box 382, Dayton Va. 22821.  
Also register online at [www.sadierosefoundation.org](http://www.sadierosefoundation.org)!

I hereby release the Town of Dayton, its employees and volunteers, as well as any other organization associated with this event including The Sadie Rose Foundation from all claims for damages arising from any accident or injury, which are caused or arise from the participation of the above name applicant during the 5K Walk/Run. I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, waive and release any and all sponsors, their representatives and successors, from all claims or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to sponsors and or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose.  
**Minors accepted only with a parent or guardian's signature.**

\_\_\_\_\_ Date: \_\_\_\_\_