

## Race Waiver

*I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained to completed the event. I agree to abide by any decision of a race official to my ability to safely complete this run within the designated time limit. I assume all risks associated with running in this race including, but not limited to falls, contact with other participants, runners, bikers, horses and other animals, the effects of weather, including heat or cold and precipitation, traffic and the condition of the roads, 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 for myself and anyone for whom I am entitled to act, waive, release, and will hold harmless the race organizer, all sponsors and property owners, and all the agents, employees, officers, directors and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participant in this race. I understand that roller skates, skateboards and dogs are not allowed in this race/run/walk.*

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

Signature of Entrant: \_\_\_\_\_

Signature of Parent/Guardian, if under 18 year old:

\_\_\_\_\_

**This must be signed prior to participating in this event!**



## YVEDDI 5K Walk/Run for Meals on Wheels

*So no senior goes hungry...*

**Saturday, October 25, 2014**

**Time: 9:00 am**

**Awards Ceremony to begin at 11:00 am**

**Start Location: Yadkinville Senior Center**

**207 East Hemlock Street**

**Yadkinville, NC 27055**

**Pre-Register by October 10, 2014**





# 2014 Registration Form

All proceeds benefit the YVEDDI Meals-on-Wheels Program so no senior goes hungry.

Donations and Registrations can be mailed to:

YVEDDI Meal-on-Wheels 5K ▪ P.O. Box 261 ▪ East Bend, NC 27018.

Please call Cathy Hennings at (336) 978-5567 or email [chcc@yadtel.net](mailto:chcc@yadtel.net) if you would like to participate, sponsor or volunteer at this event.

## 2 Ways To Register

Register Online: [www.sportoften.com](http://www.sportoften.com)

Register by Mail:

Mail completed registration form and signed waiver with your check to:

YVEDDI Meals-on-Wheels 5K  
P O Box Box 261  
East Bend, NC 27018

### Early Registration

Pre-registration must be received by October 10, 2014

*Entry fees are non-refundable*

*Unclaimed packets will not be mailed to entrants*

**T-Shirts and Goodies Bags will only be guaranteed to those who register on or before October 10, 2014**



Awards given for Overall, Masters & Age Groups

## One Form Per Entrant

Participant's Name \_\_\_\_\_

Male     Female

T-Shirt Size

Youth:  S     M     L

Adult:  S     M     L     XL     XXL

Street Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Email \_\_\_\_\_

Birthdate \_\_\_\_\_

Age on Oct. 25, 2014 \_\_\_\_\_

Registration Fee     \$15 - Student (age Pre-K to 14 years old)

*Each person who registers by October 10, 2014 will receive a race t-shirt and goodie bag.*     \$25 - (15 years old & up)

\$30 - (Registrations after Oct. 10th up to the race day for ages 15 yrs. old & up)

Please make checks payable to YVEDDI Meals-on-Wheels 5K

Mail to: P.O. Box 261 ▪ East Bend, NC 27018

Packet pickup will be available at:

Yadkin Senior Center

207 East Hemlock Street •Yadkinville, NC 27055

Friday, October 25th from 5:00 - 7:00 PM or

Race Day 7:30 – 8:30 AM

Detach