

## Why we need your support...



8.8 million of America's seniors, or nearly 1 in 6, may not know where their next meal is coming from.

Programs like Meals on Wheels are critical to solving this national crisis.

The nutritious meals, friendly visits and safety checks provided five days each week by YVEDDI's volunteer drivers are often all it takes to enable our seniors to live independently in their own homes. And when they do, we all save billions of tax dollars in avoided hospital, health care and nursing home costs. Investing in Meals on Wheels is a win-win!

In Surry County, the senior hunger crisis is real. For the fiscal year 2014, YVEDDI Meals on Wheels in Surry County provided 29,094 homebound meals to senior adults who needed a balanced meal. Sadly, there are 100+ senior adults waiting for this service in Surry County that cannot be provided due to the lack of funding. It wouldn't take much to fix. We can provide nutritious meals for a Surry County senior for a day for less than \$5. The Federal government's contribution covers only 54% of that cost. We rely on contributions from state, local, private and other resources to cover the rest.

The more we invest in Meals on Wheels, the more we save. For every dollar we invest in Meals on Wheels we can save up to \$50 in Medicaid spending. If we commit to serving just one quarter of North Carolina's hungry seniors, the \$78.7 million dollars we invest can be offset 50 times by the \$3.9 billion we save. (Source: www.mowaa.org)

## Sponsorship Form

Business/  
Sponsor  
Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

### Level 1 - \$1,000

Finish line recognition banner (provided), largest font on t-shirt, provide items for goodie bags and set up a booth

### Level 2 - \$500

Finish line recognition (side) banner (provided), 2nd largest font on t-shirt, items for goodie bags and set up a booth

### Level 3 - \$300

Smaller font on t-shirt, goodie bag items, banner displayed at awards staging area (you provide your own banner)

### Level 4 - \$250

Smaller font on t-shirt, goodie bag items

### Level 5 - \$100

Smallest font on t-shirt

Please mail Sponsorship Form to:

Tom Beckom  
P O Box 309  
Boonville, NC 27011

Make check payable to: YVEDDI 5K/10K

All proceeds from this event benefit YVEDDI Meals on Wheels in Surry County.

Your donation and contributions to YVEDDI Meals on Wheels are Tax Deductible to the extent allowed by law.

Yadkin Valley Economic Development District, Inc. [YVEDDI] is a non-profit organization.

### Disclaimer

*"Restricted grants, fundraisers, and donations only support designated or specified projects or programs allowed by the contributor; resources cannot be disbursed or comingled with other projects or programs to offset any expenditures."*



For more information contact:

Tom Beckom (336) 367-3531

tbeckom@yveddi.com

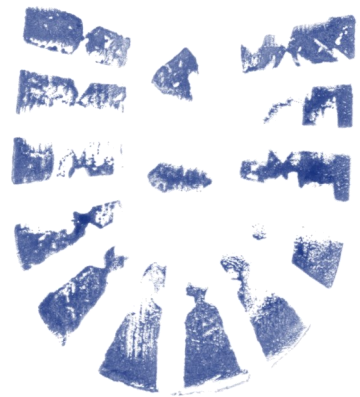


SATURDAY

APRIL 11



5K/10K Walk/Run



Online Registration  
[www.itsyourrace.com](http://www.itsyourrace.com)

## Event Information

Saturday

April 11, 2015

Run the 10K: 8:00 am

Run the 5K: 8:15 am

(please note the time difference)

Walkers Welcomed!!!

All participants registered by March 21st will receive a cool moisture wicking event t-shirt.

## Registration Fees

- \$20 for students (Pre-K through high school)

### Register by March 21st

- \$25 for 18 years old and older

### Register after March 21st including Race Day

- \$30 for all ages

## Awards

Overall Winners: 1st, 2nd, 3rd male/female

Age Division: 1st, 2nd, 3rd place in each male/female

Age divisions: 13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over

## Schedule

Check in at the Fellowship Hall of Dobson First Baptist Church on Crutchfield Street in Dobson

### Race Day Registration

6:30 am - 7:30 am in front of Dobson First Baptist Church

### Race Start Time

8:00 am for 10K

8:15 am for 5K

### Starting Line

Folger Street beside Dobson First Baptist Church

### Race Awards

5K at 9:00 am

10K at 10:00 am

### Early T-shirts and Bibs Pick Up

Dobson First Baptist Church

Friday, April 10th: 11:30 am until 6:00 pm

To view course map visit [www.gosportstiming.com](http://www.gosportstiming.com)

Chip Timing Provided By:



## Waiver

You must read and agree to the following waiver in order to participate in this event.

I know and understand that running in a road race is a potentially hazardous activity. I attest that I am medically able and properly trained for the event and agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including to but not limited to: falls, contact with other participants, effects of the weather, traffic, the condition of the road, and gastrointestinal discomfort. All such and related risks being known and appreciated by me. Having read and understood this waiver and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Yadkin Valley Economic Development District (YVEDDI), Meals on Wheels, Go Sports Timing, LLC, race organizers and volunteers, and all sponsors, their officers, employees, agents, representatives and successors from all claims or liabilities of any kind resulting from my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes. I hereby waive any right to inspect or approve the finished electronic, photograph, or printed matter that may be used in conjunction with them now or in the future. I understand that bicycles and skateboards are not allowed in any event. I will abide by these guidelines.

No Refunds in the Event of Inclement Weather

I acknowledge that the YVEDDI 5K and 10K is to be run on Saturday, April 11, 2015. In the event that inclement weather conditions should require cancellation of the race before it is to start or early termination after it has started because of safety concerns, I understand that the race WILL NOT be rescheduled. I also understand and agree that my entry fee WILL NOT be refunded.

Severability. If any provision of this Liability Waiver shall be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Liability Waiver and shall not affect the validity and enforceability of any remaining provisions.

Signature \_\_\_\_\_

If under 18, parent or legal guardian

## Registration

Select One:  5K  10K

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Gender  Male  Female

Participant's Date of Birth \_\_\_\_\_

Age: \_\_\_\_\_

T-Shirt

Size

Male Cut  Female Cut

S  M  L  XL  XXL

Emergency Contact Information

Name \_\_\_\_\_

Phone \_\_\_\_\_

Send completed and signed Registration Form and Waiver to:

Tom Beckom  
P O Box 309  
Boonville, NC 27011

Make check payable to: YVEDDI 5K/10K

Each participant needs to register separately.

Online Registration  
[www.itsyourrace.com](http://www.itsyourrace.com)