



Proceeds support our work to end sexual and intimate partner violence.



# Virtual 5K

## October 2020

5K Run/Walk \$30.00 \_\_\_\_\_

\*Entry fee includes T-shirt, mask & medal.

T-shirt, mask & medal are only guaranteed to pre-registered 5K participants.

\*T-shirt, mask & medal are available on October 16.

First name: \_\_\_\_\_ Middle: \_\_\_\_\_ Last: \_\_\_\_\_

DOB: \_\_\_/\_\_\_/\_\_\_ Gender: \_\_\_ Male \_\_\_ Female \_\_\_ Age: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Emergency contact: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

5K Shirt Size (Adult size only): \_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ 2XL \_\_\_ 3XL



**You decide the pace,  
the time and the  
location!**

**Run or walk  
anytime during  
October.**

**Limitations:** Unregistered runners, unauthorized vehicles, bicycles, skateboards, roller skates, and running with dogs are prohibited on the course in order to assure runner safety and to comply with liability insurance requirements.

**Waiver:** In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors, administrators, and assigns, and anyone entitled to act on my behalf, release and discharge **Clinch Valley Community Action, Inc.**, plus sponsors, their representatives and successors, promoters, managers, directors, officials, agents, employees and volunteers, from any and all claims of injury, or liabilities of any kind, illness or damages suffered by me, or from the participation of the minor for whom I am signing for, as a result of participating in, or traveling to this event. I know running a road 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 an event official relative to my ability to safely complete the event. I assume all risks associated with participating in this event, including, but not limited to falls, contact with other participants, the effects of the weather (including high heat or humidity), traffic and the conditions of the road, all such risks being known and appreciated by me. I realize this is a strenuous event which requires proper physical conditions. I hereby certify I am in such physical condition and good health. I also give my permission for the free use of my name and picture in any written account, broadcast or telecast of this event for any legitimate purpose.

Signature \_\_\_\_\_

Parent or legal guardian –For those under 18 years of age

Date

**Refund Policy:** Entry fees are non-refundable and entries are non-transferable.