# July 9, 2022 Strasburg Town Park

**Benefits Strasburg Community Garden, Compassion Cupboard Food Pantry, Lydia's Clothes Closet, Inc. and Strasburg Local Relief**

5k

# STRASBURG SPLASH DASH

## 5K AND FAMILY FUN RUN

**$15 ADULTS**

Day of Race $20

**$10 YOUTH**

(17 and Under)

Day of Race $20

| | |
|---|---|
| 7AM | — RACE DAY REGISTRATION/PACKET PICKUP |
| 8AM | — 5K RACE BEGINS |
| 915AM | — AWARDS CEREMONY |
| 9AM - 11AM | — FREE Pool Party at Town Pool |
| | — FREE COOKOUT and REFRESHMENTS |

All registered contestants competing in the 5k will be given a t-shirt and a bag of swag with valuable discount coupons to local businesses.

## REGISTER ONLINE: WWW.SPLASHDASHVA.COM

Or fill out below and mail check payable to Strasburg UMC (in memo write 5k) 114 Washington Street Strasburg, VA 22657

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Name:_____ Age: _____ Email:_____

Address:_____ City: _____State:_____ Zip Code:_____

_____Male _____Female T-shirt size (free for 5k only) Adult: S M L XL XXL

I am participating in the 5k Family Fun Run

5K FEES: $15 ADULT $10 YOUTH $20 DAY OF RACE (all ages)

Family Fun Walk/Run — FREE T-shirt (if not racing) $10 $_____ DONATION TOTAL :$_____

Waiver of Liability: I agree that by participating in The Splash Dash 5K and Family Fun Run, I do so at my own risk. I assume all risk of injury, illness, damage or loss to me or my property that may result, including without limitation, any loss or theft of personal property. I consent to medical treatment in the event of injury, accident and/or illness during this event. In exchange for accepting my entry fee, I agree to be legally bound, for myself, my heirs, next of kin, executors, and administrators, and voluntarily assume all risks of accident or injury and release and forever discharge, indemnify and hold harmless The Strasburg United Methodist Church, its officers, employees, members, representatives, agents, volunteers, and/or sponsors ("Released Parties") from any and all liability for personal injury or property damage of any kind sustained during the event, whether such personal injury or property damage is caused directly or indirectly by the Released Parties. I grant permission to Strasburg United Methodist Church to use any photographs or videotapes taken during the event to use for future promotions of the event. I have full knowledge of the risks involved and attest that I am physically fit and sufficiently trained to participate in the 5K.

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Signature of Participant Signature of Parent/Guardian if child 17 and under Date