

July 20, 2024

Strasburg Town Park

Benefits Strasburg Community Garden, Scouting America Troop 5, Lydia's Clothes Closet, Inc. and Response



STRASBURG



DASH

5K AND FAMILY FUN RUN

**Early Bird
Registration
\$20 All Ages**

Day of Race \$25

- 7AM** — RACE DAY REGISTRATION/PACKET PICKUP
- 730AM** — 5K RACE BEGINS
- 9AM** — 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

(cut here)

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: **\$20 All Ages Early Bird** **\$25 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.

Signature of Participant

Signature of Parent/Guardian if child 17 and under

Date