



Sprint to Serve



1st Annual Kenwood United Methodist Church 5K Walk/Run and Children's Run

A featured event of our annual FALL FESTIVAL!

Come run or walk with us to benefit mission opportunities!

SATURDAY, NOVEMBER 6, 2010

Race times: ½ mile begins at 8:00am. 1 Mile begins at 8:15am. 5K begins at 9:00am

All races will begin and end at Kenwood UMC. The 5K will take you through Cedarlea Park neighborhood.

REGISTRATION FORM

Please print. Each participant must complete a separate form.

Please make check payable to **Kenwood UMC** (for/ memo: 5K)

Mail to: Kenwood UMC, 11208 Elmont Road, Ashland, VA 23005

Name (First) _____ (Last) _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (H) _____ (W or Cell) _____ Email: _____

Age (as of 11/6/10) _____ Male _____ Female _____

Adult T-Shirt Size (circle one): S M L XL XXL

Youth T-Shirt Size (circle one): Youth-Small Youth-Medium Youth-Large

Registration Fees: 5K Walk/Run before October 15: \$20.00 \$ _____.

5K Walk/Run after October 15: \$25.00 \$ _____.

1 mile Walk/Run \$15.00 \$ _____.

½ mile Kids run (age 12 & under) \$10.00 \$ _____.

Additional Donation: Kenwood UMC \$ _____.

TOTAL ENCLOSED: \$ _____.

Packet Pick up: Friday, Nov 5, 5:00pm- 7:00pm and Saturday, Nov 6, 7:00am-8:00am at Kenwood UMC

In consideration of this entry being accepted, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrations, waive and release any and all rights I may have against Kenwood UMC and all sponsors or official of the Sprint to Service to be held on November 6, 2010, of any and all injuries suffered by me in said event. I attest that I am physically fit and have sufficiently trained for this event.

Other rules: 1) There will be no refunds for this event. 2) In consideration of the safety of all participants, NO STROLLERS, BABY JOGGERS, IN-LINE SKATES, SKATEBOARDS, BICYCLES OR ANIMALS ON LEASHES will be allowed on the course.

Signature _____ (Parent/Guardian must sign if under age 18) Date _____

Information: Please call or email either Jo Gable 781-6438 / jgable_vt@yahoo.com or Britta Winston 752-2172 / bbbewinston@aol.com