



23rd Annual
5K RUN/WALK FOR SHELTER
Saturday, November 2, 2019, 8:00am

RACE AGAINST DOMESTIC VIOLENCE

- Where:** Charlottesville Downtown Mall **Start:** Mudhouse Coffee Shop **Finish:** Jefferson Theater
No strollers or dogs please!
- Cost:** \$25 on or before 10/15/19; \$30 after 10/15/19 and on race day
Long sleeved T-shirts only guaranteed to runners/walkers pre-registered by 10/15/19
- Registration:** Online registration available at RunSignUp.com (convenience charges apply)
Race Day Registration from 7:00 – 7:45 a.m. near Jefferson Theater
Entries accepted by mail on or before October 31st and at RMRS until 3 pm on November 1st
- Packet Pick-up:** Friday, 11/1/19, 8:30am – 6:30pm, Shelter for Help in Emergency Community Outreach Center
1415 Sachem Place, Charlottesville 22901
- Awards:** Top 3 female/male overall and top 3 female/male masters
All runners are eligible for Grab Bag prizes. Must be present to win.
- Information:** Call (434) 963-4676 or email info@shelterforhelpinemergency.org

*Help raise even more funds for the Shelter by creating your own 5K Fundraising page at
RunSignUp.com/Race/VA/Charlottesville/5KRunWalkforShelter*

Helping victims create new lives free from abuse for 40 years.

CHECKS PAYABLE TO: SHELTER FOR HELP IN EMERGENCY | **MAIL TO:** P. O. BOX 1013, CHARLOTTESVILLE, VA 22902

NAME: _____

ADDRESS: _____

TELEPHONE: _____ SHIRT SIZE: S M L XL XXL AGE ON RACE DAY: _____ GENDER: F M

EMAIL (for registration confirmation): _____

I WOULD LIKE TO MAKE AN ADDITIONAL CONTRIBUTION OF:

- _____ \$15 to provide breakfast for mom & 2 children
- _____ \$45 to provide a safe night of shelter for someone in need
- _____ \$30 to provide school supplies for a child
- _____ Other _____

CASH/CHECK TOTAL: \$ _____ OR CREDIT CARD TOTAL: \$ _____

CREDIT CARD #: _____ EXP. DATE: _____

NAME AS IT APPEARS ON CARD: _____ ZIP CODE: _____

I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, traffic and the conditions of the road. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Shelter for Help in Emergency, its staff, Board, volunteers, Ragged Mountain Running Shop, the City of Charlottesville, and all race sponsors from all claims or liabilities of any kind arising out of my participation in this event. I give permission for the Shelter for Help in Emergency to use any photography with my or my children's image for promotional purposes. In addition, I understand that if the race is canceled by circumstances beyond the control of the organizers, my entry fee will not be refunded.

SIGNATURE: _____ DATE: _____

PARENT/GUARDIAN: _____
(If registrant is under 18, form must be signed by parent or guardian.)