



Superhero 5k and Kid's Run!
Benefiting the ChildSafe Center-CAC
Saturday, April 23, 2016 @ 9:00a.m. (Rain or shine)
Greenwood Mill Elementary School
Pre-registration/Package pickup 8:00 a.m.

*Adult Races will begin promptly at 9am. Awards will be given to the top two men and women overall, and first place male and female masters (40 and over). In addition awards will also be given to the top male and female in the following age groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 and over.

*Kids' races will be held immediately following the Adult Race. The Kid's Mile is open to kids ages 5-12. Awards will be given to the top male and female finishers in the following age groups: 5-8, 9-10, and 11-12. Ribbons will be given to all child participants..

*The 100 Yard Dash will be open to children 5 and under.

****Dry Fit race t-shirts will be guaranteed to the first 100 Adult registrants. * All Kid's t-shirts will be cotton.***

Name: _____ SVR Member: Yes / No Sex: M / F Age as of 4-23-2016: _____

Address: _____ DOB: _____

Phone: _____ Email: _____ Race: 5K Kid's Mile 100 Yd. Dash

Shirt Size: S M L XL Youth: S M L

I would **NOT** like a t-shirt, please donate the cost back to the CAC. _____

5K Registration by April 9th	SVR Members - \$22.00	Non SVR - \$25.00
5K Registrations after April 9th and Race Day	SVR Members - \$27.00	Non SVR - \$30.00
Kid's Races -\$10 (includes t-shirt)		

Sign up online by visiting our website at www.childsafecenter.com

Please note: headphones, pets, or strollers will NOT be allowed on the race course that day.

For race day questions, please call or email Keri Mounts at 540-303-7839 / cfakeri@comcast.net.

Please return payment and registration form to:

ChildSafe Center CAC; ATT: Race Director 411 N. Cameron Street, Suite 301, Winchester, VA 22601
(Make checks payable to the ChildSafe Center CAC and write **Superhero 5K** in memo line)

**Wear your best
Superhero Costume!**

**For questions or additional information,
please call Keri Mounts (540) 303-7839.**

For more information regarding the
ChildSafe Center CAC:
Like us on Facebook: ChildSafe Center - CAC

**Last race before
Apple Blossom 10k!**

Waiver and Release of Liability:

ALL PARTICIPANTS AND PARENTS MUST READ THIS RELEASE OF LIABILITY FORM PRIOR TO PARTICIPATING IN THE CHAMPIONS4CHILDREN 5K RACE/WALK.

By agreeing with a written signature, you acknowledge that you have both read and understood the text presented to you as part of the registration process. You also understand and agree that events carry certain inherent dangers and risks which may or may not be readily foreseeable, including without limitation personal injury, property damage or death. Your ability to participate in the event(s) is/are subject to your agreement to the waiver and by agreeing herein, you accept and agree to the terms of the waiver and release agreement.

In order to participate in the CHAMPIONS4CHILDREN RACE/WALK, I assume all risks associated with running, including, but not limited to, falls, weather conditions including high heat and/or humidity, contact with other participants, the effects of the road and traffic on the course, all such risks being known and appreciated by me. In addition I know that no headphones, pets or strollers are allowed. Having read this waiver and knowing these facts, I for myself and anyone entitled to act on my behalf, waive and release THE CHILDSAFE CENTER – CAC and SVR, their officers, officials, agents and/or employees, event partners, sponsors, volunteers, their representatives and successors from any claims and all liability for injury, disability, death, loss or damage to personal property that may arise out of negligence or carelessness on the part of the persons names in this waiver.

I understand there will be no refunds. I further understand that this event may change date or location if required by local authorities. I hereby represent and warrant that I am 18 years of age or older or, if applicable, that I am the parent or legal guardian of the child under the age of 18 years old who I am registering for the Event and that I have the full power and authority to agree to these terms on behalf of such child, and to bind him/her to these terms. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, or other record of this event for any legitimate purpose without compensation to me.

I have carefully read this Waiver and Release of Liability fully understand its contents. I am aware that by signing my name below, I agree to this Waiver and Release of Liability and am waiving legal rights, and knowing this, I agree of my own free will.

Signature: _____ Date: _____

Signature of parent/guardian if under 18: _____ Date: _____

For more information regarding the ChildSafe Center CAC:

- Like us on Facebook: ChildSafe Center – CAC - for announcements regarding
- Visit our website at www.childsafecenter.com