



# Chick-fil-A Dash for Diabetes 4-Miler and Kids' Races

**Benefiting JDRF - Juvenile Diabetes Research Foundation**

**September 1, 2014 at 8:00 a.m. (Rain or Shine)**

- Location:** Third Battle of Winchester Trails. Park at the Millbrook High School Football Stadium.
- Course:** The 4 Mile course will begin on the MHS track then head up through the parking lot, across the practice football field to the 3<sup>rd</sup> Battle of Winchester Civil War Trail. We will run "clockwise" through the woods, around the loop near 81, and back out of the woods, through the field and back to the track for a sprint to the finish line. **New this year: Chip Timing!**
- Entry Fee:** 4 Miler Entry fee is \$15 for SVR Members and \$20 for non-members. All Late and Race Day Entry Fees will be \$25. Kids' race fees will be \$7 for the Mile Race and \$3 for the 100 Yard Dash. All late and Race Day Entry Fees will be \$10 for the Mile and \$5 for the 100 Yard Dash. Please register by August 27<sup>th</sup>. Registrations after the 27<sup>th</sup> will be considered "late." **Long Sleeve T-Shirts will be guaranteed to the first 175 registrants.**
- Race Day:** Registration and packet pick-up will be from 6:45-7:45 at the MHS Football Stadium. **Registration will stay open until 8:45 for children's races. In addition, race packets may be picked up Saturday, August 30<sup>th</sup> at the Rutherford Crossing Chick-fil-A from 10am-12pm during the Rutherford Crossing Shopping Center Chick-fil-A Dash for Diabetes Kick Off event!**
- Chip Timing:** **New this year - Chip Timing for all races! This will give faster and more accurate results!**
- Packet Pick Up:** **New this year! Rutherford Crossing and NV Retail will be sponsoring a Chick-fil-A Dash for Diabetes Kick Off Radio Remote at Chick-fil-A Rutherford Crossing on Saturday, August 30<sup>th</sup> from 10am-12pm. Stop by for games, wellness activities, PACKET PICK UP, and giveaways for onsite registrations.**
- Awards:** Awards will be given to the top three men and women overall, and first place male and female masters (40 and over). In addition awards will also be given to the top three men and women 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 Dash and Mile Run:** Kids' races will be held immediately following the 4 Miler. The Kid's Mile is open to kids ages 5-12. Awards will be given to the top two male and female finishers in the following age groups: 6-8, 9-10, and 11-12. The 100 Yard Dash will be open to children 5 and under. All Mile and Dash finishers will receive a ribbon of completion.
- Facebook:** **Like us on Facebook: CFA Dash 4 Diabetes (continuous posts and updates)**
- VHWC Kids Zone:** **The Valley Health Wellness Center Kids Zone will include a fun and safe place for kid's to play games and activities during the race. It will take place on the football field from 7:45-9:30.**
- Questions:** Please contact Keri Mounts at (540) 664-8535 or Lara Rimmel at (540) 336-4568.

**Name:** \_\_\_\_\_ **SVR Member:** Yes / No **Sex:** M / F **Age as of 9-1-2014:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **DOB:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Race:** 4Miler Kid's Mile 100 Yd. Dash **Shirt Size:** S M L XL **Youth:** S M L

**Waiver:** I know that running [volunteering for] a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Chick-fil-A Dash for Diabetes in the city of Winchester and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Please make checks payable to Chick-fil-A (memo line - "Dash for Diabetes") Mail to: CFA Dash for Diabetes 312 Kintyre Ln. Stephens City, VA 22655