



Date and Race Time: Saturday, April 13, 2019. Registration 8am and step off at 9am

Location: Cedar Creek Stables, 2435 Shutterlee Mill Rd., Staunton, VA. 24401

5K Run and Walk Fees: Early bird registration fee: \$25 if mailed by March 15th, late registration fee: \$30 if received by April 12th, and race day registration: \$35. Kids run/walk course for families with children under the age of 10 that would like to participate, there will be a one mile course available for \$15 per person.

T-Shirts: Each pre-registered participant will be guaranteed a t-shirt with their packet. Those registering AFTER April 1st will only get a t-shirt while supplies last.

Race Packages: Each pre-registered 5k run and walk race participant will receive a race package that will include: a custom designed commemorative t-shirt designed by Kelsey Lasher and Oryx Designs (guaranteed to those registered before April 1st. Only available on a first come first serve basis while supplies last after April 1st), a race number, sunglasses to protect eyes from color powder while running, and a color powder packet to celebrate with at the end of the race during the color party. *For participants who do not wish to be color blasted while out on the course, they will be provided a special bracelet to show race officials before entering the color zones out on the course.*

Course: Multi-surface, off-road, begins and ends on Cedar Creek Stables' beautiful 100 acre property. Signs and volunteers will be placed out on the course to help navigate participants around the course. Hydration stations will be set up in the middle of the course and at the finish line. Bagels and fruit snacks will be provided before and after the race.

Timing: There will be no electronic timing or scoring provided.

Awards: Awards will be presented to the top 3 race participants that cross the finish line.

Sponsorship: Businesses interested in sponsoring the 5k event will have the opportunity to have their business name advertised on the backs of the 5k t-shirts. \$100 dollar donation-small print, \$250- medium print, \$500+-large print. Contributing businesses will also be permitted to set up a booth displaying information about their company along the start line.

Proceeds: Proceeds from this event benefit Ride With Pride. Ride With Pride is Augusta County's premiere equestrian-based therapeutic horsemanship program where the horse is the teacher, therapist, and friend. Serving its clients for over two decades, Ride With Pride provides a supportive, community based environment for the treatment of mentally, physically and emotionally challenged individuals of all ages while using equine assisted therapies.

Race Restrictions: Strollers/baby joggers, rollerblades, skates, skateboards, bikes, or scooters are not permitted on the race course. Due to our new insurance policy, unfortunately dogs are NOT permitted☹️. No participant is allowed to go into the barn or fields without permission from race officials.

Registration Form 5k Run/Walk

Complete this form in its entirety and return to Ride With Pride with the appropriate amount enclosed. Early bird registration fee: \$25 if mailed by March 15th, late registration fee: \$30 if received by April 12th, and race day registration: \$35. Any forms that are mailed after March 15th, will have to pay a \$30 registration fee. Register each 5K participant individually. For all early bird registrations, please mail all forms to Ride With Pride at PO Box 1203, Staunton, VA 24402.

First Name: _____

Last Name: _____

Email: _____

Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

5K Race Participants (completed forms mailed by March 15th) \$25 _____

OR

5K Race Participants (completed forms mailed AFTER March 15th) \$30 _____

Are you running or walking? Running _____ Walking _____

Are you participating in the 1 mile family run? (Children must be 10 years old or younger to participate) Yes _____ No _____

*If yes, include \$15 per person for the 1 mile family run.

5K T-shirt Size? S M L XL XXL

If you **do not** wish to be color blasted while out on the course or at the end of the race, please check this box:

WAIVER

Registration will not be accepted without the acknowledgement of waiver signature on each waiver

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official to my ability to safely complete the run. I assume all risks associated with running in the race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/ or humidity, the conditions of the roads and traffic on the course, all such risks being known and appreciated by me. All fees are nonrefundable. Race will take place rain or shine. In the event of extreme weather conditions or some other unforeseen act of God that may prohibit the race, all fees are nonrefundable. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the event, facility owner, program staff, 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: _____

Client, Parent or Guardian if rider is under 18