

5K Run / Walk / Bike
Saturday, May 26, 2018
At Damascus Friends Church

Registration available online at RunSignUp.com
Registration / Check-in 7:45–8:55

5K Run or Walk
9:00 AM

\$16—early bird registration (guarantees short-sleeve or long sleeve performance t-shirt)

\$20—after 5/14/18

12 Mile Bicycle Ride (Ages 13 +)
10:00 AM

This is not a race and is untimed. New course on back roads. Experienced riders only and helmets are required. Bike check will take place between 8:00-10:00am and bikes must pass inspection to participate.

\$16- for bike ride only or **\$20** if you want to participate in both the 5K and bike ride

Kids 1/2 mile Fun Run (ages 12 and under only)
8:40 AM

\$10—all participants guaranteed a medal and short sleeve t-shirt with registration before 5/14/18

After the Race, check out your times at
Miles of Smiles—SmileyMiles.com.

I CAN — I WILL — I AM

Philippians 4:13
Philippians 4:4-7
Hebrews 12:2-3

2018 Celebrate Recovery
5K Run / Walk / Bike
REGISTRATION FORM

Or register online at RunSignUp.com.

Please print

Name _____

Parent's Name (if participant is under 18) _____

Address _____

City _____ Zip _____

Phone _____

Email _____

Birthdate _____

Age _____ Gender: Male Female

Is this your first 5K? Yes No

Circle Shirt: Short-sleeve or Long Sleeve

Circle Shirt size:

Adult: Sm Med Large XL XXL XXXL

Youth: Sm Med Large XL

Circle Event: 5K Run (\$16)

5K Walk (\$16)

Bike Ride (\$16)

5K Run and Bike Ride (\$20)

5K Walk and Bike Ride (\$20)

Kids 1/2 Mile Fun Run (\$10)

Emergency Info

Person to contact in case of emergency: _____

Phone: _____

Second Contact emergency: _____

Phone: _____

Please list any allergic reactions, serious injuries or special medical procedures: _____

Hospital Preferred: _____

Doctor: _____

Dentist: _____

I give my permission to the staff to secure a licensed physician in the case of an emergency to provide the necessary care.

Signature: _____
(Parent or Guardian if under 18)

Date: _____

Please sign reverse side of form.
Please make checks payable to: DFC Sports