

# The 7<sup>th</sup> Annual Downriver Dash 5K Run/Walk

## Saturday, April 29, 2017



Please join The Guidance Center as the agency hosts the 7<sup>th</sup> Annual Downriver Dash 5K Run/Walk. The event will start and end at the Wayne County Community College District – Downriver Campus located in southeast Michigan and wind through Heritage Park in Taylor.

### Schedule of Events

- 8 a.m. - Registration inside Wayne County Community College
- 9 a.m. - Tot Trot begins
- 9:30 a.m. – 5K begins, with awards ceremony immediately following

- No refunds or transfers
- No rollerblades, baby joggers, pets, or headsets

Note: Attendance at this event constitutes consent to be photographed for use in print and/or electronic publicity for The Guidance Center.

**Save a stamp! For online registration go to [www.guidance-center.org/events/dash](http://www.guidance-center.org/events/dash)**

### The Downriver Dash 5K Run/Walk Registration Form & Waiver

One participant per registration form. Please send registration and payment together.

Last name:

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First name:

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Date of birth (MM/DD/YYYY):

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Age (on race day):

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Gender:

Male  Female

Address:

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City:

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State:

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Zip Code:

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Email address:

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Phone:

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Select tech t-shirt size: Adult sizes (circle one):    S    M    L    XL    XXL

### Entry fees

Early bird registration: **\$30 on or before March 31, 2017** (guaranteed tech shirt)

**\$35 after March 31, 2017** (tech shirt included while supplies last)

Tot Trot Event is **FREE** for children 10 and younger (no pre-registration required)

Check (made payable to: **The Guidance Center**)

Credit card

Card #: \_\_\_\_\_ Exp. date: \_\_\_\_/\_\_\_\_

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

**Please send registration forms with payment to:  
The Guidance Center Downriver Dash, 13101 Allen Rd, Southgate, MI 48195**

### Waiver

I know that participating in a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risk associated with participating in this event including, but limited to: falls, contact with other participants, the effects of the weather, including weather and traffic conditions which may impact the course, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entities to act on my behalf, waive and release The Guidance Center and all other sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event. By submitting this registration, I agree that The Guidance Center may photograph or videotape me, and may use those photographs or video footage for its marketing purposes. I release The Guidance Center from any claim or liability related to that use, and waive all claims for myself, my heirs and assignees against the individual staff persons and The Guidance Center.

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

Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_