

“Proclaiming Grace Outreach”

“The mission of Proclaiming Grace Outreach (PGO), a nonprofit 501 (c) (3) charity, is to provide a holistic approach to the needs of our community by providing food, clothing and other services to help the disadvantaged and those with economic hardships.”



ROCK THE RIVER 5K

& 1 Mile Fun Run

Registration Form

August 6, 2016

Rockahock Campground
1428 Outpost Road, Lanexa, VA 23089

8:00 a.m. - Registration Begins
9:00 a.m. - 1 Mile Fun Run/Walk
9:15 a.m. – 5K Run
10:00 a.m. - Awards

The 5K fee is \$25 (walkers and runners) and the One Mile Fun Run/Walker fee is \$15.00. Both include a t-shirt and goodie bag if entry is **postmarked by July 1, 2016**. You are still welcome to participate by registering the day of the event.

Register below (PLEASE PRINT CLEARLY):

Anyone under 18 must have attached waiver form signed by parent or guardian.

Name: _____ DOB: _____
(Please see page 2 if participant is under age of 18)

Address: _____

Phone Number: _____ T-shirt Size _____

I wish to participate in: 5K _____ 1 Mile _____

Forms must be postmarked by July 1 2016 to receive free t-shirt. Mail forms with check payable to P.G.O. to:

Proclaiming Grace Outreach, 20051 Tabernacle Road, Barhamsville, VA 23011.

Questions? Call Melanie @757-810- 4337

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I AM AWARE THAT THESE ACTIVITIES CAN BE HAZARDOUS ACTIVITIES AND THAT I ASSUME ANY AND ALL RISKS, WHETHER THOSE RISKS ARE KNOWN OR UNKNOWN.

I forever release Proclaiming Grace Outreach and, the State, the County, the Lessor and Proclaiming Grace Outreach affiliated organization, and their respective directors, officers, employees, volunteers, agents, contractors, and representatives (collectively “Releases”) from any and all actions, claims, or demands that I, my assignees, heirs, distributes, guardians, next of kin, spouse and legal representatives now have, or may have in the future, for injury, death or property damage , related to (i) my participation in these activities, (ii) the negligence or other acts, whether directly connected to these activities or not, and however caused, by and Releasee, or (iii) the condition of the premises where these activities occur, whether or not I am then participating in the activities. I also agree that I, my assignees, heirs, distributes, guardians, next of kin, spouse and legal representatives will not make a claim against, sue, or attach the property of any Releasee in connection with any of the matters covered by the foregoing release.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF (or my minor child) AND PROCLAIMING GRACE OUTREACH, AND SIGN IT OF MY OWN FREE WILL.

Printed Name of Participant

Signature of Participant/Date

If participant is under age 18:

Participant Name: (please print) _____

Printed Parent/Guardian Name

Signature of Parent/Guardian/Date