

**EVENT WAIVER**

Each participant in the 5k needs to sign this waiver. If the participant is under the age of 18, a parent/ legal guardian must sign.

In consideration of the Goochland Athletics Programs permitting me to participate in the **Bulldog 5k**, I hereby waive, release, and discharge myself, my heirs, personal representatives, an assign any and all rights, liability, causes of action and claims that may now or hereafter accrue to me or which I may now or hereafter assert against Goochland Athletics Programs or any sponsors of this event, or the officers, directors, employees, agents, successors, and assigns of any of them for personal injury and/or property damage that I or my dog my suffer or sustain as a result of participation in the **Bulldog 5K**. Goochland Athletics reserves the right to refuse entry of any animal or person based on valid safety or other concerns.

I hereby assume all risks of any such injury and damage. I certify that I and my pet are physically fit to participate in the event. I further grant permission to the use of any photographs of me and my dog in media accounts and promotions of the **Bulldog 5k** events.

One dog is allowed per person. All dogs must wear ID tags, be on a leash (no flex leashes permitted), socialize well with other dogs, be current on rabies vaccinations, be at least 6 months of age, and not be in heat. Please be kind to your dog and maintain a leisurely pace.

Participant Name **PLEASE PRINT**

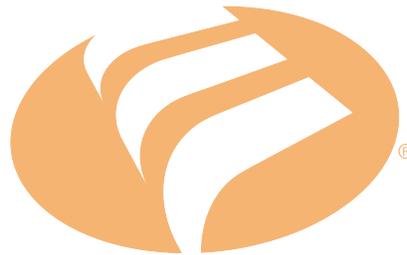
Signature (Parent/guardian must sign if under 18)

Date



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You are invited to attend the

**GOOCHLAND  
BULLDOG 5K**

TO BENEFIT ALL ATHLETIC PROGRAMS THROUGH THE MIDDLE AND HIGH SCHOOL.

**SATURDAY, MAY 14TH, 2011**

**10:00AM**



**Why should you participate?**

You should participate because the athletic programs in Goochland need your help! We are raising money to keep the athletic programs going strong in Goochland and to hopefully expand the option of sports for the athletes. You should also participate because it is so good for you. You will have a great time, and all the money goes toward a great program.

**When? Where?**

The 5k will be on **SATURDAY, MAY 14TH**, with the runners wave starting at 10am, and the walker/stroller wave starting at 10:15am. **The rain date for this event is SUNDAY, MAY 15TH AT 2PM.** The 5k run is timed by professional track coaches, and begins promptly at 10am. Participants can park in either the high school students' parking lot or the faculty lot in front of the middle and high schools. The race will begin in the high school student parking lot.

- Use Rt. 6 (Patterson/River Road West) into Goochland Courthouse
- Continue approximately 1 mi., past the new library, and stay to the left.
- Pass Goochland Elementary School on the right, and continue 1 mi.
- Goochland High School is located on the right of Rt. 6.

**Who can participate?**

Anyone! This race welcomes runners, run/walkers, walkers, and strollers. We will have a staggered start time, however. Runners will start at 10:00 am, run/walkers and people with dogs will start at 10:05 am, and walkers/people with strollers will start at 10:10am.

**Kids 10 and under can participate, too!**

If your child is not ready to tackle the 3.1 mile run just yet, we have a solution for you! Participates who are 10 years old and younger can participate in our Fun Run. The run will be 1 mile, and the kids will run on the high school track (4 laps). The Fun Run will promptly begin at 9:30am, with the full 5k to follow. The Fun Run is \$10.

**Can I bring my dog?**

Absolutely! The **Bulldog 5k** is very dog friendly; however, please make sure all dogs are on a leash (no flex leashes permitted), they are up to date on his/her rabies vaccinations, is friendly with other dogs, be at least 6 months old, and not be in heat. We ask that you keep a leisurely pace with your dog to ensure their safety.



**Registration Information:**

Registration Deadline (to be guaranteed a shirt)

Saturday, April 29th. You may register after the 29th, but you are not guaranteed a shirt.

Walk up registration –

Saturday, May 14th from 7:30am–9:30am

Mail in Registrations –

Goochland Middle School  
C/O Patrick Gordon  
3250–B River Rd. West  
Goochland, VA 23063

Online Registration –

<https://www.raceit.com/Register/?event=3842>

\_\_\_\_\_  
Last name, First & MI

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City State Zip

\_\_\_\_\_  
Phone # Email

\_\_\_\_\_  
Gender Age as of 5/14/2011

T-shirt Size \_\_\_XS \_\_\_S \_\_\_M \_\_\_L \_\_\_XL \_\_\_2XL

**ADULT REGISTRATION (\$25)**

\_\_\_\_\_ I will participate in the 5k as a runner.

\_\_\_\_\_ I will participate in the 5k as a jog/walker.

\_\_\_\_\_ I will participate in the 5k as a walker and/or with a stroller.

\_\_\_\_\_ I will participate in the 5k with my dog.

**YOUTH REGISTRATION (10 & under. \$10)**

\_\_\_\_\_  
Child's name

\_\_\_\_\_  
Street address

\_\_\_\_\_  
City State Zip

\_\_\_\_\_  
Phone # Email

\_\_\_\_\_  
Gender Age as of 5/14/2011

\_\_\_\_\_ My child will participate in the one mile Fun Run on the high school track.

T-shirt Size \_\_\_YM \_\_\_YL \_\_\_S \_\_\_M \_\_\_L \_\_\_XL

Enclosed is my total registration fee(s) of \$\_\_\_\_\_

I would like to make an extra donation to Goochland Athletics of \$\_\_\_\_\_.

Please make checks payable to Goochland Athletics

**Mail to:** GMS c/o Patrick Gordon, 3250–B River Rd. West, Goochland, VA 23063