



**5K Donut Dash**

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Age \_\_\_\_\_ Shirt Size S M L XL XXL

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

**Check one** \_\_\_\_\_ 5K Run **School:** \_\_\_\_\_

**Payment** - \$20 per participant (Checks written to **Walk4Faith**)

**\*\*We Accept Cash or Check\*\***

**EMERGENCY CONTACT:**

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**WAIVER RELEASE FORM:**

I know that participating in a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with participating in this event including but not limited to: falls, contact with other participants, the effects of weather, traffic and course conditions, all such risks being known and understood by me. I am aware that medical support for this event will be provided by volunteer personnel that may be called upon to provide assistance, including first aid, to me during the event. I authorize any such volunteer to assist me or to perform such assistance as, in the opinion of Walk4Faith such person, may be necessary or appropriate. I understand that assumes no responsibility or liability with respect to my participation in this event. I agree, however, to abide by any decision on any race official relative to my ability to safely complete the run. I hereby grant permission to Walk4Faith and its sponsors to use any photographs, motion pictures, recordings, or any record of this event for legitimate purposes. I agree to abide by the rules of this race as stated in official race information. Having read this waiver and knowing these facts and in consideration of your acceptance of my race entry, I, for myself and anyone entitled to act on my behalf, do hereby release and discharge Walk4Faith, and all sponsors, representatives (including event volunteers), and employees of any of them, from all claims or liabilities of any kind arising out of my participation in this event.

**Signature (Parent/guardian if under 18)**

\_\_\_\_\_ Date \_\_\_\_\_



**June 1<sup>st</sup>, 2013 @ 9:00am  
YoungLife 5K**

Need to raise money for YL Summer Camp?  
Look no further! Run the YoungLife 5K Donut Dash and raise money for you or your friends to go to camp!  
**100% of donated money goes to ministry**

**5K Donut Dash**

This year's race will be at Highbanks Metro Park in Lewis Center, OH! It will be a 5K race with a "Donut Challenge!" Same great fundraising opportunities, new race twist! Will you be brave enough to complete the "Donut Challenge"?!

**"Donut Challenge" - Optional**

For the brave: At each water station, runners will have the option of eating a donut. Can you finish the race with a stomach full of donuts?!

**Race Info:**

**Registration:**

Online: [www.walk4faith.com](http://www.walk4faith.com) (Closes May 31<sup>st</sup> at Midnight)  
(Fee for online registration)

**Mail: Send forms in:**

Walk4Faith  
3857 North High Street, Suite 302  
Columbus, OH 43214

**Day of Registration: At Highbanks (\$25)**

**Race Info:**

Registration 8:00 – 8:45am

Race: **Starts at 9:00am**

**\*\*Race will NOT be officially timed\*\***

Questions: [walk4faith.columbus@gmail.com](mailto:walk4faith.columbus@gmail.com)

Website: [www.walk4faith.com](http://www.walk4faith.com)



**Pledge Form**

Participant \_\_\_\_\_

School \_\_\_\_\_

Goal \_\_\_\_\_

- 1. \_\_\_\_\_ \$\$ \_\_\_\_\_
- 2. \_\_\_\_\_ \$\$ \_\_\_\_\_
- 3. \_\_\_\_\_ \$\$ \_\_\_\_\_
- 4. \_\_\_\_\_ \$\$ \_\_\_\_\_
- 5. \_\_\_\_\_ \$\$ \_\_\_\_\_
- 6. \_\_\_\_\_ \$\$ \_\_\_\_\_
- 7. \_\_\_\_\_ \$\$ \_\_\_\_\_
- 8. \_\_\_\_\_ \$\$ \_\_\_\_\_
- 9. \_\_\_\_\_ \$\$ \_\_\_\_\_
- 10. \_\_\_\_\_ \$\$ \_\_\_\_\_
- 11. \_\_\_\_\_ \$\$ \_\_\_\_\_
- 12. \_\_\_\_\_ \$\$ \_\_\_\_\_



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School \_\_\_\_\_

Goal \_\_\_\_\_

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- 12. \_\_\_\_\_ \$\$ \_\_\_\_\_