

HomeTrust Bank SUPERHERO RACE

to benefit Family Promise of Greater Roanoke

5K Superhero Fun Run/Walk &
Little Heroes Training Course (Fun Run)

Saturday October 14, 2017

Same day registration begins at 8:00 A.M.

Little Heroes Fun Run starts at 9:00 A.M.

Superhero 5K Run / Walk begins at 9:30 A.M.

WWW.FACEBOOK.COM/SuperheroRaceRoanoke



COURSE: The races will start at River's Edge Sports Complex; **park in the Carilion Riverside parking garage.** Our 5K course will start near the footbridge to Wiley Drive and cross to the Roanoke River Greenway, to near Piedmont Park, then back to the GO Outside Festival site at River's Edge. The Little Heroes Training Course will be a short course with super fun obstacles on the Reserve Ave. fields. Dogs and strollers are welcome!

	<u>EARLY REGISTRATION (Before midnight 9/30/17)</u>	<u>LATE REGISTRATION / DAY OF:</u>
Little Heroes Training Course (ages 3-10)	\$15	\$20
Superhero Race 5K Run/Walk	\$25	\$30
Dogs	\$5	\$5
Kids 2 and younger	FREE	FREE

***** Maximum household fee of \$75 for any combination of events *****

All participants registered by **midnight, 9/15/17 (received)** will be guaranteed t-shirts (bandanas for dogs).

REGISTRATION: Cut out and mail completed form and check (payable to *Family Promise*) to Family Promise, 37 E. Clay St., Salem, VA 24153. Online registration is also available at www.familypromiseroanoke.org.

AWARDS: Prizes will be given for Best Pet Costume / Best Team Theme / Best Superheroes and other categories

CONTACT: Meredith Roller, Family Promise of Greater of Roanoke, mroller@familypromiseroanoke.org, 540-444-7374

AMENITIES: Free refreshments at the race. Right after the race is more family fun — GO Outside Festival! Come have lunch from the food vendors and see champion water dogs, slackline walkers, outdoor demonstrations, bike stunts, and more! No entry fee for the festival.

✂️ -----
Complete a form for **EACH participant**. Dogs and children in strollers do not need a separate form. PLEASE **PRINT** LEGIBLY.
CUT OUT & MAIL THIS FORM W/ CHECK TO: Family Promise of Greater Roanoke, 37 East Clay St., Salem, VA 24153

LAST NAME _____ FIRST NAME: _____

Address: _____

Phone _____ Email (REQUIRED): _____

CHECK: 5K runner (CHIP TIMED)? ____ 5K walker? __ Little Heroes runner? __ Child(ren) in stroller? __ # dogs : ____

MALE ____ FEMALE ____ BIRTHDATE ____/____/____ AGE ON RACE DAY _____

Amount enclosed : _____ Team Name (if applicable): _____

SPECIAL FAMILY RATE! Households can sign up for any combination of events for a maximum fee of \$75!

T-shirt size (Adult S – 2XL; youth XS 4/5 – XL 14/16) _____ (Entry must be received by 9/23/16 to guarantee)

Waiver: I understand that this is a voluntary and dangerous activity. I represent that I/my child am/is medically able to participate and am/is doing so willingly. I agree to hold Family Promise of Greater Roanoke harmless should I/he/she suffer any injury during the event. I also give permission for my/my child's photo to be used in future publicity.

DATE: _____ Signature: _____