

AWARDS!

1st - 3rd will awarded for:

Overall Females

Overall Males

Overall Females per Age Group

Overall Male per Age Group

Age Groups:

12 & Under

13 - 19

20 - 29

30 - 39

40 - 49

50 - 59

60 - 69

70 - 75

75+

School Spirit Award

Presented to the School Team with
the most runners!

If you are interested in running as a
part of a School Team, please
contact us for the School Run
Registration information.



**What else can you do to help
New HOPE support victims
and survivors of domestic
violence and sexual assault?**

- Donate used clothing, furniture and other items to our Outreach Thrift Stores
 - *Fabulous Finds*
East Court Street,
Marion
(828) 652-4843
 - *Fabulous Finds and Gifts*
Rutherford Road,
Marion
(828) 659-6280
- Donate monetarily on a one-time, monthly, or yearly basis
- Donate your time as a volunteer
- Donate food items for our food pantry

Mail Registrations To:
New HOPE of McDowell
P.O. Box 1572
Marion, NC 28752

Phone: 828.652.8538

Fax: 828.659.1456

<http://www.newhopeofmcdowell.org>



New HOPE of McDowell

Presents:

The 6th Annual

No Excuse for Abuse 5K

Saturday April 30th, 2016



*"We run so they don't
have to!"*

NEW HOPE OF MCDOWELL

New HOPE of McDowell is a Nonprofit 501(c)(3) Domestic Violence and Sexual Assault Agency. We were formerly known as Family Services of McDowell County, Inc. but changed our name in early 2015!

We began serving victims and survivors over 30 years ago in 1983. Since then, we have provided services **free** of charge to those fleeing violent and abusive situations.

Some of our services include:

- Emergency Shelter
- Assistance with Domestic Violence Protective Orders (Restraining Orders)
- Court Advocacy
- Case Management
- 24-Hour Crisis Line
- Support Groups
- Clothing Vouchers
- Legal Referrals
- Community Education
- And more!

We believe our services are vital to our community, because they provide an opportunity for victims and survivors to receive the help they need to escape the dangerous situations they are in. They also promote awareness and education that can help reduce violence in families and relationships within our community.

To continue serving our community, we rely heavily on donations and community support. By participating in this event, you are providing us with the support we rely on – **THANK YOU!**

RACE DAY SCHEDULE

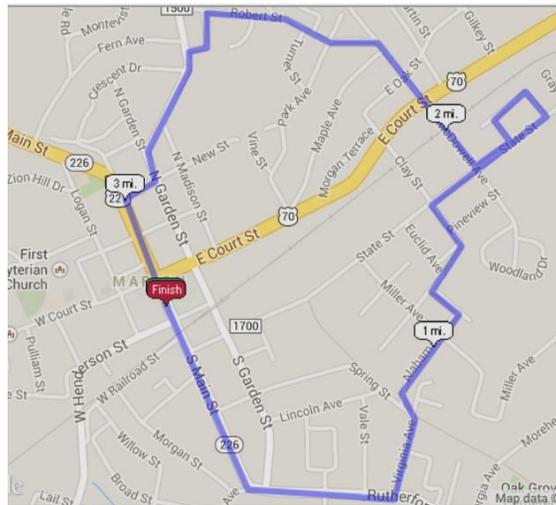
Saturday April 30th, 2016
McDowell County Court House Lawn,
Marion, NC

7:30am – 8:30am Registration
9:00am Race Begins
Followed by Awards Ceremony

Professional Timing Provided By:



**Race Packet Pickup for Early Registration Runners will be April 29th from 9:00am – 5:00pm. Call (828) 652-6150 for more information on picking up your Race Packet at our Shelter Office location!*



RACE ROUTE

Our runner-friendly route is great for runners (and walkers) of all ages! Jogging strollers are welcome.

You can check out the route in more detail at:
<http://www.usatf.org/routes/view.asp?rID=536659>

RUNNER REGISTRATION

Name: _____
Address: _____
City: _____ Zip: _____ St: _____
Phone: _____
Email: _____
Date of Birth: _____ Age on 4/30: _____ M / F

T-Shirt Size (Adult Sizes Only/Guaranteed to the 1st 100 Runners)

S M L XL XXL

*For Mail-In Registrations see back of brochure.

Entry Fees

	<u>Before 4/15</u>	<u>After 4/15</u>
Runner Fee	\$20	\$25

Waiver: *In submitting this entry, I, intending to be legally bound for my heirs, executors, and administrators waive, release, and forever discharge any and all rights and claims that I may have or that hereafter accrue to me against New HOPE of McDowell and its officers, trustees, employees, successor, and/or assigns, the event sponsors, and event volunteers for any and all injuries suffered by me and my family at this event, while traveling to and from the No Excuse for Abuse 5K or while participating in the event. I attest and verify that I am physically fit and sufficiently trained for the competition of this event.*

Signed: _____
(Note: Parent or Guardian must sign if participant is under 18)

Emergency Contact Name and Phone Number: _____

All checks should be payable to:

New HOPE of McDowell