



THE SOUTHERN BANK 2016 MONSTER DASH

for United Way 5K/1 Mile Fun Run Registration Form

First Name: _____ Last Name: _____

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Please circle: Male or Female Age: _____ DOB: _____

Phone: _____

Email: _____

Circle Event: \$25/5K \$15/1Mile Fun Run Circle Shirt Size: S M L XL 2XL Circle: Adult or Child
We can only guarantee a t-shirt for participants registered by October 1, 2016.

I will not be able to attend but would like to make a donation in the amount of: \$ _____

This year we are highlighting the work of our First Responders! We are encouraging participation and friendly competition among our Police Departments, Emergency Services Department, Fire Departments and Sheriff's Office. Please indicate below your active/retired duty status and tell us the organization you represent. There will be a separate winning category for both Active and Retired First Responders.

Are you:

___ A First Responder (Active) ___ A First Responder (Retired)

If so, please provide the organization you are employed with or retired from:

Will you be competing in the costume contest? ___ Yes ___ No

If so, what is your costume?

Date: _____

Signature: _____

Parent's Signature (if under 18): _____

Waiver & Release

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators, and assigns, release, and discharge Nash County, Town of Nashville, United Way, Tar River Timing, LLC, promoters, sponsors, managers, directors, officials, agents, employees, and volunteers from any and all claims of injury or liabilities of any kind, illness, or damages suffered by me as a result of my participation in or traveling to and from this event to be held on Saturday, October 29, 2016. I also give my permission for the free use of my name and picture in any broadcast, telecast, or written account of the event. I further state that I am in proper physical condition to participate in this running event.

Signature: _____

For more information: **252-462-2628**

This 3.1 mile course will have some hills and some chills! It will begin and finish at the Claude Mayo County Administration Office Building. Race begins at 9:00 am, packets must be picked up by 8:30 am race day. Volunteers and

live entertainment will be stationed along the route to help motivate and encourage each runner to finish strong. Timing and Scoring will be monitored by Tar River Timing using a chip system. Packet pick-up will be in the Wellness Room October 27th 4:00 pm - 6:30 pm and October 28th 3:00 pm - 5:00 pm.

Costumes are encouraged!!

Please make checks payable to: Nash County Parks & Recreation

Mail registration forms to:

Nash County Parks & Recreation, 120 W Washington St., Suite 3040, Nashville, NC 27856

Office Use:

Payment Method: Cash or CK # _____ Amount: _____ RACE # _____