

Run The River 5K

Taking Steps Together to Prevent Child Abuse

A Fundraiser Benefiting CARE/The John 3:16 Center

APRIL 8 | ROANOKE CANAL TRAIL | ROANOKE RAPIDS



Did you know April is Child Abuse Prevention Month? CARE/The John 3:16 Center is a local non-profit dedicated to ending child abuse and neglect in Halifax, Warren and Northampton Counties. We hope you will join us on Saturday, April 8 at 8:00 am as we meet at the Roanoke Rapids Lake Day Use Park where will begin the fun run/walk to Roanoke Canal Museum. Thanks to our sponsors all funds raised will go directly towards the educational programs offered by The John 3:16 Center including the Free Summer Day Camp and Wired for Success After School Program.

Registration Fee: \$30.00 (After April 1 please add a \$10 late fee)

Participant Name: _____ Age Category (Circle One): Adult or Youth

Participant Address: _____

Participant E-Mail: _____ Participant Phone: _____

T-Shirt Size (Please note if youth size is preferred): _____

☐ Yes, I'd like to participate in the sponsorship contest. Please send me a sponsorship form.

Waiver Agreement: I know that running/walking a 5K is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my completion of registration, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the trail including branches, uneven terrain, and natural foliage, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the CARE/The John 3:16 Center, the Roanoke Canal Trail, and the city of Roanoke Rapids, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____

Mail to: The John 3:16 Center, PO Box 1541, Littleton, NC 27850 Amount Enclosed: _____

Add \$3.00 to your registration and plant a blue pinwheel
(the national symbol for preventing child abuse) at the start/finish line on race day!