

# Young Life 5K ColorDash

## benefitting kids in our town-Mar. 23

### Join us for the YoungLife 5K

Run a beautiful 5K course through the harbor district in downtown Washington, NC, have a great time, and help support YoungLife's work with high school students. This year we are spicing it up with a ColorDash. For those who wish to take it up a notch, as you pass each kilometer you'll be **covered with color!** It's a new addition to our 5K tradition, and we know you'll have a blast! If color blitzing isn't your thing, don't worry, you can still run - or throw color!

**What:** A 5K ColorDash around Washington's waterfront to benefit high school kids attending YoungLife summer camp and other great YL programs

**When:** Saturday, March 23rd

**Where:** Start/Finish near the Estuarium - 223 E. Water St.

**Time:** Registration: 7-8am Race: 8:15am-until

### Pre-registerion (by Mar. 15th) Cost:

Kids (12 & under).....\$10 Adults.....\$20

### Late Registration (on or after Mar. 16th) Cost:

Kids (12 & under).....\$15 Adults.....\$25

**\*Only pre-registrants are guaranteed a T-shirt!**

**\*\*Medals awarded to top 3 M/F finishers in each age bracket**

**\*\*\*Wear a WHITE SHIRT and goggles/sunglasses are optional**

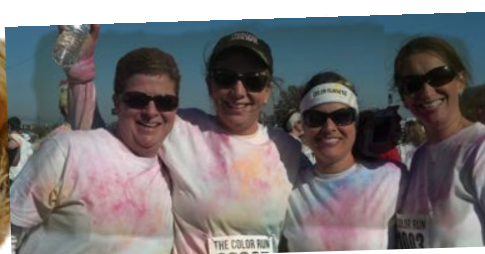
Thanks to our Sponsors:

**Edward Jones, Roy Parker**

**Stocks & Taylor Construction**

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Running not  
your thing?  
But throwing  
color is? For  
\$10, you can  
be a color  
thrower!!!



Mail with check payable to "Young Life" to:

Young Life on the Pamlico - ATTN: 5K RACE - PO Box 1682 - Washington, NC 27889

Name (First, MI, Last): \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_ **\*\*\*DONATIONS ACCEPTED\*\*\***

Male / Female  
(circle one)

T-Shirt Size: Yth M Yth L S M L XL XXL  
(circle one)

In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against Young Life, both local and national, all of its employees, committee members and volunteers, Run The East and all its employees, and all sponsors and supporters of this event for any injury or illness that may directly or indirectly result from any participation in the YOUNG LIFE on the PAMLICO'S 5K Race. I further state that I am in proper physical condition to participate in this event and that none of the above parties is under any obligation to provide a physical examination or other evidence to my fitness to participate in the race, with this being my sole responsibility. I also give permission for the free use of my name and picture to any broadcast, telecast, or written account of the event.

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian's Signature (If runner is under 18): \_\_\_\_\_ Date: \_\_\_\_\_

MUST BE SIGNED TO PARTICIPATE