



Eleventh Annual  
**5K RUN FOR SHELTER**  
Benefiting  
**Shelter for Help in Emergency**  
Saturday, November 3, 2007, 8:00 am

- Where:** Charlottesville Downtown Mall  
Start: Mudhouse Coffee Shop  
Finish: Jefferson Theater  
**Due to the course, no strollers or dogs please!**
- Cost:** \$18 pre-registration, \$20 race day  
(Checks payable to Shelter for Help in Emergency or SHE)  
**Long sleeved T-shirts to all entrants.** (Available on race day for pre-registered runners only; all others may pick up shirts on race day as available after the race or by calling SHE offices at 434-963-4676.)
- Registration:** Race Day Registration from 7:00 – 7:45 a.m. near Jefferson Theater.  
Registration forms available at Ragged Mt. Running Shop.  
Entries accepted by mail postmarked October 31st or earlier.  
Entries delivered in person by Friday, November 2nd accepted at Ragged Mt. Running Shop until 3 p.m.
- Awards:** Top female/male overall and masters finishers receive awards.  
All runners are eligible for Grab Bag prizes. Must be present to win.
- Information:** Call Jenny at the Shelter's Community Outreach Center (434) 963-4676 or email [jpatterson@shelterforhelpinemergency.org](mailto:jpatterson@shelterforhelpinemergency.org).

The Shelter for Help in Emergency serves the city of Charlottesville, and the surrounding counties of Albemarle, Fluvanna, Greene, Louisa, and Nelson offering a comprehensive program for victims of domestic violence. In addition to emergency shelter, the Shelter offers a 24-hour crisis hotline, crisis intervention, information and referral, supportive counseling, case management and advocacy, court accompaniment, children's programs, as well as education & volunteer programs.

MAKE CHECKS PAYABLE TO: SHELTER FOR HELP IN EMERGENCY (SHE)  
MAIL ENTRY TO: P. O. BOX 3013, CHARLOTTESVILLE, VA 22903-0013

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_ SHIRT SIZE: M L XL XXL AGE ON RACE DAY: \_\_\_\_\_ GENDER: F M

GROUP AFFILIATION FOR RECOGNITION AND PRIZES \_\_\_\_\_

I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, traffic and the conditions of the road. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Shelter for Help in Emergency, its staff, Board, and volunteers, Ragged Mountain Running Shop, the City of Charlottesville, and all race sponsors from all claims or liabilities of any kind arising out of my participation in this event. In addition, I understand that if the race is canceled by circumstances beyond the control of the organizers, my entry fee will not be refunded.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT/GUARDIAN: \_\_\_\_\_

(If registrant is under 18, form must be signed by parent or guardian.)