



Fifteenth Annual  
**5K RUN FOR SHELTER**  
Benefiting  
**Shelter for Help in Emergency**  
Saturday, November 5, 2011, 8:00 am

- Where:** Charlottesville Downtown Mall **Start:** Mudhouse Coffee Shop **Finish:** Jefferson Theater  
Walkers welcome! No strollers or dogs please!
- Cost:** **\$20 on or before 10/14/11; \$25 after 10/14/11 and on race day**  
**Long sleeved T-shirts guaranteed to all runners pre-registered by 10/14/11**  
Others may pick up shirts (as available) after the race at Ragged Mountain Running Shop (RMRS)  
(Sorry, we can't guarantee preferred shirt size for those registering after 10/14/11)
- Registration:** Race Day Registration from 7:00 – 7:45 a.m. near Jefferson Theater  
Entries accepted by mail on or before November 3<sup>rd</sup> and at RMRS until 3 pm on November 4<sup>th</sup>  
Online registration available at <http://bit.ly/Shelter5K>  
(Convenience charges apply for online registration & charitable donations)  
**Packet Pick-up: Friday, 11/4/11: 8:30 am-6:00 pm**
- 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 Stacey at the Shelter's Community Outreach Center at (434) 963-4676 or  
email [info@shelterforhelpinemergency.org](mailto:info@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 1013, CHARLOTTESVILLE, VA 22902

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

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

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

EMAIL (for registration confirmation): \_\_\_\_\_

I WOULD LIKE TO MAKE AN ADDITIONAL CONTRIBUTION OF:

\_\_\_\_\_ \$15 to provide breakfast for mom & 2 children \_\_\_\_\_ \$45 to provide a safe night of shelter for someone in need  
\_\_\_\_\_ \$30 to provide school supplies for a child \_\_\_\_\_ Other

DOES YOUR EMPLOYER HAVE A MATCHING GIFT PROGRAM? If yes, please provide contact information: \_\_\_\_\_

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, 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.)