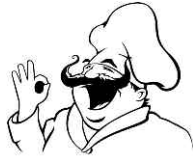


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Third Annual Bulldog 5k – **RUN + FUN RUN**

Bulldog 5k
 Blessed Sacrament School
 5841 Chevy Chase Parkway, NW
 Washington, DC 20015



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Blessed Sacrament School

5841 Chevy Chase Parkway, NW
 Washington, DC 20015



Entry Fees

5K Participants:

Age 12 and over: \$25

Under 12: \$15

Fun Run (ages 10 and under): \$15

Bulldog 5k T-shirts

will be guaranteed to all participants who register by April 20.

Advance Registration By Mail

Complete the attached registration form and send to:

Bulldog 5k c/o Lisa O'Neil

3519 Runnymede Pl, NW

Washington, DC 20015

Online Registration

available at: www.bulldograce.org

Packet Pick-Up

Friday, May 1st, 1:00 p.m. – 4:00 p.m.

Blessed Sacrament School

5841 Chevy Chase Parkway, NW

Washington, DC 20015

Race Day Onsite Registration

and same day packet pick-up will be available beginning at 7:00 a.m.

Please note that T-shirts are not guaranteed to same day registrants.

Questions

about the Bulldog 5k should be directed to

Cindy Hart: **301-654-8278**,

cindyhart@verizon.net

Post Race Celebration

A post race celebration including refreshments and music will follow the run and is open to all participants and their families. We will have a moonbounce and pop a shot game provided by Carnival Day!

Registration Form

Name: _____

Age: _____ Male: Female:

Address: _____

Phone: _____

Email: _____

5k runner: Fun runner

T-Shirt size: Adult S M L XL

Youth M L

Registration fee: \$ _____

Enclosed please find my check payable to Blessed Sacrament

HSA for \$ _____

Please charge my credit card

MC: VISA: Expiration Date: _____

Account Number: _____

Signature: _____

Release of Liability: *(You must indicate your agreement with the terms and conditions below in order to participate in this event.)* I agree to defend, protect, indemnify and hold harmless Blessed Sacrament School and the Archdiocese of Washington against and from all claims arising from my own negligence or fault or any of my agents, family members, officers, volunteers, helpers, partners, organizational members or associates which arise out of the Bulldog 5k Run at Blessed Sacrament School on May 3, 2008. Additionally, I agree to protect, defend, hold harmless and fully indemnify Blessed Sacrament School and the Archdiocese of Washington for any claim or cause of action whatsoever arising out of the Bulldog 5k Run which takes place on May 3, 2008 that is brought against Blessed Sacrament School, the Archdiocese of Washington, Montgomery County, USATF, and the Montgomery County Road Runners Club by me or my family members whether such a claim arises from the alleged negligence of Blessed Sacrament School and the Archdiocese of Washington, Montgomery County, USATF, and the Montgomery County Road Runners Club their employees or agents or my negligence. If any portion of this agreement is held invalid, it is agreed that the balance thereof shall continue in full legal force and effect. I agree on behalf of myself, my heirs, assigns, executors, and personal representatives, to hold harmless and defend Blessed Sacrament School and the Archdiocese of Washington, Montgomery County, USATF, and the Montgomery County Road Runners Club, its officers, directors, agents, employees, or representatives associated with the Bulldog 5k Run from any and all liability claims, loss or damage arising from or in connection with my participation in this event. For safety reasons, I agree not to run with any of the following: strollers, baby joggers, skates, pets, or headsets. If I am under 18 years of age, my parent(s) have signed on my behalf.

Signature: _____

5k (3.1 Mile) Run

The race will start at 8:00 a.m.,

from Blessed Sacrament Catholic Church

6001 Western Avenue, NW Washington, DC.

Runners will gather in the school parking lot and be assisted across Western Avenue to the race start at the top of Brookville Road. The 5k course will take runners through beautiful Chevy Chase neighborhoods, with a flat start, challenging hills in the middle, and a flat finish down Brookville Road, ending near the District line. Runners will then be assisted back across Western Avenue for a post race celebration.

Kids Fun Run

The Fun Run will start at approximately 8:45 a.m.

We will have 2 categories of prizes based on age for 1st, 2nd, and 3rd place.

Directions

From I-495

South on Connecticut Avenue $\frac{3}{4}$ around Chevy Chase Circle, Exit to Western Avenue after continuing past Connecticut Avenue into DC. School and church will be on right.

From DC

North on Connecticut Avenue, $\frac{1}{4}$ around Chevy Chase Circle, Exit to Western Avenue. School and church will be on the right.

Parking will be limited to Western Avenue and surrounding neighborhood streets.

