



*“The times. . . they are a-changing...”* Bob Dylan

As with so many other things, this year’s Dash for the Door is going virtual.

**Training: Train on your own**

**Date: July 3-5, 2020**

**Times: Run/walk a 5K any time over the weekend**

**Cost: \$10 per runner; all registrants receive a bandanna**

**Share the Joy: Encourage friends and family to join you in training and running**

**Finishers: Post a picture of yourself wearing your bandanna to #vdttd2020**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Sex:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Registration Fee:** \$\_\_\_\_\_ (\$10.00 per person - additional donations appreciated!)

**WAIVER**

*In consideration of your acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against the sponsors, coordinating groups, and any individuals associated with the event, their representatives, successors, and assigns for any and all injuries suffered by me in connection with said event. Also, none of the above are responsible for the loss of personal items nor any other form of aggravation in connection with said event. I have been warned that I must be in good health to participate in such events. I also give permission for free use of my name and picture in any broadcast, telecast, or print media account of this event. In filling out this form, I acknowledge I have read and fully understand my own ability and do accept the restrictions. I also understand entry fees are non-refundable.*

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Parent or Guardian if under 18

- Mail check to the clinic
- Make Checks Payable to **Beersheba Springs Medical Clinic**
- Send Entries/Donations to:     Dash to the Door  
  Beersheba Springs Medical Clinic  
  P.O. Box 112, Beersheba Springs, TN 37305