



# The 2016 DORMONT DASH

Proceeds benefit



Live Music in Caring Places  
[www.SonnyPugar.org](http://www.SonnyPugar.org)

The Sonny Pugar Memorial, Inc.  
"Music Smiles" Program

<http://www.sonnypugar.org/musicsmiles.htm>

Pre-registration fee is \$20.00 if you sign up by May 14 and \$25.00 if you register after that date. Morning of registration will be \$30.00. All pre-registered participants are guaranteed a T-shirt with a really cool race logo. Late registrants will receive shirts while the supply lasts, so register early.

## RACE INFORMATION

### When

Saturday, May 28, 2016  
Event Begins at 8:30 am  
Day of Registration & Packet Pick-up starts at 7:00 am

### Where

Dormont, PA – located about five miles south of Pittsburgh; Memorial Drive next to the Dormont Pool parking lot.

### Distance

5K Run

### Who Should Enter

Male and female runners and walkers of all ages and abilities. The course will remain open for one hour after the starting gun goes off. Please no pets, strollers, in-line skates, or headphones for the safety of the runners.

### The Course

The race will meander through the mild rolling hills of Dormont, starting and ending near the Dormont Swimming Pool. It will be run along the paved roads and have two drink stations at the one mile markers of the course. To view the course, go to our website page at <https://dormontdash.webs.com/>

### Awards

- 1<sup>st</sup> place runner overall male and female
- 2<sup>nd</sup> place runner overall male and female
- 3<sup>rd</sup> place runner overall male and female

### Age Group Awards: Male and Female Divisions

19 and under 20-29 30-39 40-49 50-59 60-69 70 and over. The top three in each category win a commemorative medallion.

### Registration

Fill out the race application and pay the fee on-line at <https://register.chronotrack.com/r/19744> or print out this form, enclose a check or money order made out to Dormont Borough, and mail to Elite Runners & Walkers, 1108 Park Manor Blvd, Pittsburgh, PA 15205

### Race Packet Pick-Up

All pre-registered runners can pick up their race packets on Friday, May 27 at Elite Runners & Walkers new location in Robinson Town Center, 1108 Park Manor Blvd, Pittsburgh, PA 15205 (next to DeLuca's Diner).  
Phone: 412-490-0881

Runners can also pick up packets on race day starting at 7 am

\*\* The race will be electronically chip timed and managed by Elite Runners Race Management.

## ENTRY FORM

Name \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Age \_\_\_\_\_ Gender M or F

Shirt Size SM MD LG XL 2XL Email \_\_\_\_\_

**Waiver (Must Be Signed)** In consideration of your accepting this entry, I the below signed, intending to be legally bound, for myself, my heirs, my executors, and administrators, waive and release any and all rights and claims for damages I may have against the race. Its sponsors and their representatives, successors, and assigns for any and all injuries suffered by me in said event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs, and any record of this event, in which I may appear for any legitimate purpose, including advertising and promotion. \*Parent or Guardian if under 18 \*\* No refunds will be issued for any reason.

Signature \_\_\_\_\_ Date: \_\_\_\_\_