THE Dolphin House
A CHILD ADVOCACY CENTER

The Dolphin House proudly presents the first annual 5K Run to Defeat Child Abuse. Due to COVID-19

The Dolphin House is taking this 5K virtual. A Virtual 5K can be ran anywhere, anytime and at any pace.

Registration begins August 17th and Closes September 13th

Your 5K can be completed anywhere and anytime between September 20th and September 30th

Registration fee is $25.00, if you will be picking up your race swag at The Dolphin House and **$30.00 if you need it shipped** to your location. Swag includes a T-Shirt with the Run to Defeat Child Abuse logo and Car magnet/Sticker. T-shirts will be in unisex S-XXL

All runners are welcome, you do not have to submit your times and mileage if you do not want to, run just for fun. All we ask is that you proudly wear your t-shirt as you are running your 5K, take a picture and post it on our social media with the hashtag **#irantodefeatchildabuse**

If you are a competitive runner and would like to tack your 5K, use your desired app to track your time and mileage. Upon completion please send a screen shot of your time and mileage to info@dolphinhousecolorado.com. We will post a leaderboard on our website. You can run this race as many times as you would like to better your time. We will have a 1st, 2nd, and 3rd place medals for the top three times.

IF running is just not your thing but you want to support The Dolphin House and love the swag, no judgment, we support you! **#initfortheteeshirt**

The Dolphin House will be having a photo contest along the way. If you choose to run your race with a team or individually, we ask you to accessorize. The best accessorized team and individual, based upon most likes on Facebook, will win a certificate and bragging rights.

Registration form

[ ] Run for fun [ ] Run for Time [ ] In it for the T-shirt

Name: _____ Phone #: _____

Mailing Address: _____

Email Address: _____

T-shirt Size: [ ] Small [ ] Medium [ ] Large [ ] XL [ ] XXL

Registration fee

[ ] $25.00, I will pick up the t-shirt at The Dolphin House, 735 S 1st St Montrose, CO, 81401

[ ] $30.00, ship to mailing address.

[ ] Add an additional donation. Amount $_____

[ ] Additional Runner Registration _____

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