

SPLASH DASH 5K



PCHS Yellow Ribbon Task Force is happy to present the SPLASH DASH 5K! All proceeds will go to Potter County Suicide Prevention Task Force for suicide prevention strategies. Join us for a day of fun and cooling down with family and friends. This is an event for all age levels. This event will be timed for participants. Participants are welcome to run or walk the course. Stations will be set up throughout the course with water balloons, water guns, and bubbles. Vendors and other activities will be available before and after the race as we will be coordinating with this year's Family Fun Fair!

5K Race: The course will be for people of all ages. The course will begin at the Potter County Human Services and travel through the paved roads of Roulette. All participants are provided with a t-shirt, bracelet, sunglasses, number tag, and water bottle.

When: Saturday, August 19th * Check-in/ Last minute registration begins at 9:30am

Where: Roulette, Pa at the Potter County Human Services

Entry Fee: \$25 pre-registration * Only available until July 28th *

\$20/ person group rate (Groups of 4 or more) * Must pre-register *

\$30 day of race

Payment: Checks or cash

Please make all checks and money orders payable to **"PCHS Suicide Prevention"**

Pre-Registration

If you would like to be guaranteed a T-shirt for the Splash Dash, you will need to have your form turned in by July 28th.

If you have not registered during the early registration period, you will be required to sign up the day of the race.

Each participant is required to fill out a registration form and waiver of their own.

Forms may be mailed in to the office with appropriate payment. Forms may also be sent to the email found below. After your form and payment have been reviewed, a confirmation will be sent to your email. People pay also register online.

If you have any questions or concerns, please reach out to the contact below.

PCHS Suicide Prevention

62 North St.

or

kperkins@pottercountyhumansvcs.org

PO Box 241

814-544-7315

Roulette, PA 16746

Registration forms may also be filled out online. Payment and waiver will still be due upon arrival. If you choose to register online, you will be sent an email for confirmation your form has been received. Link to registration form is found below.

https://docs.google.com/forms/d/e/1FAIpQLSds6hhSls0aDDCpK-Mw7s1OfJJJoZozXUuNSK9m8sEfiM-ZtA/viewform?usp=sf_link

All participants are to check-in at the table before the race begins. Applicants will receive their race day packages at the table.

Day of Registration

You can sign up the day of the race at the table found in front of the Potter County Human Services Building from 9:30am – 10:45am.

You will not be guaranteed a shirt if you register the day of the race

Anyone under the age of 18 must of have a parent or legal guardians' signature

What to Wear

Participants will be given a T-shirt and sunglasses. Participants are encouraged to bring a towel and extra clothes for after the race.

Race

Race day packages will be handed out the day of the race at the table in front of the building from 9:30am – 10:45am.

Packages will include a t-shirt, sunglasses, bracelet, water bottle, and number tag.

A limited number of shirts will be available for day of registrations

Kid Run

Ages 2-5 will be given the chance to run/walk a short distance before 5K starts. This will be free to all eligible to participate. Donations are appreciated. Kid Run will begin at 10:45am

Running the Race

Anyone under the age of 12 must be accompanied by an adult

Staff will be set up throughout the course to guide the way

Water stations will be set up along the course. Stations will be consisted of water balloons, water guns, bubbles, and sprinklers.

Thanks

We would like to the participants and volunteers for supporting Potter County Suicide Prevention Task Force. All proceeds will be used for suicide prevention strategies.

2023 SPLASH DASH 5K

Potter County Suicide Prevention Task Force

Saturday, August 19, 2023

Name: _____

Age: _____ Male Female

Adult T-shirt Size: XS S M L XL XXL XXXL

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____

Email: _____

Emergency Contact: _____ Phone Number: _____

Part of Group Registration: Yes No List names: _____

Mail Registration Forms to:

PCHS Suicide Prevention
62 North Street
PO Box 241
Roulette, PA 16746

Official Use only:	<input type="checkbox"/> Group
____ Early Reg.	____ Late Registration
Amount Due: \$ _____	# _____
_____	<input type="checkbox"/> Paid

I am participating in "SPLASH DASH 5K" at my own risk and waive all claims of every nature against the organizers, officials, sponsors and any other participating agencies with respect to any personal loss, illness, bodily injury or death resulting from participating in these activities. I also fully understand the rigors of such competition and have prepared myself physically for the race. At the time of registration, I will inform the race organizers regarding any relevant medical condition. I agree to follow the rules, which govern road racing and will follow all pedestrian laws. I also understand that the registration fee is non-refundable.

I, the undersigned have read the above waiver and release, and understand that I have given up substantial rights by signing it and I sign It voluntarily.

Signature: _____ Date: _____

Parent's Signature (for those under 18): _____ Date: _____



Questions? Email kperkins@pottercountyhumansvcs.org or call Kiara @ 814-544-7315