

Questions? Call 301-689-6900 or email [FrostburgFirst@gmail.com](mailto:FrostburgFirst@gmail.com) for details

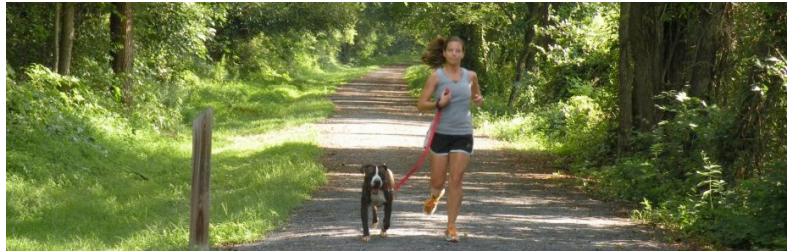
# Run with Rover & Ducky's Dash

Participant Number

(assigned by race personnel)

\* 5-mile run/walk (with or without your dog)

\* Ducky's Dash (a 1-mile jaunt for our shorter four-legged friends)



Proceeds will benefit the Allegany County Animal Shelter Foundation's new building fund and QCAR @ Windy Pines Rescue.

Saturday, September 28 in Frostburg, Md.

First Name  M.I.

Last Name

Address

City

State  ZIP

Circle one

5-mile / Ducky's Dash

Day Phone

Emergency phone #

Email

Birthdate

Age on 9/28/2013

Gender (circle one) Male / Female

Dog's name, age, breed and weight



### Entry fee structure:

- \$20 if received before September 1
- \$25 if received between Sept. 1 - 27
- \$30 on race day

### Optional cost

\$15 – Commemorative keepsake (You'll love it!!!)

**Make a copy for yourself, then mail entry & payment to:**

Run with Rover  
Potomac Highlands Distance Club  
P.O. Box 102  
Augusta, WV 26704

**Please make checks payable to PHDC. For event details, please visit**

[www.PhDispatch.com](http://www.PhDispatch.com)

### Waiver:

In consideration of accepting entry for any of these events, I hereby, for myself, my heirs and executors, waive and release any and all claims that I may have against any and all persons and organizations affiliated with this event. This includes, but is not limited to, FrostburgFirst, the city of Frostburg, Allegany County government, the Potomac Highlands Distance Club and all volunteers and sponsors while participating, traveling to or from this event. I further attest that I (and my dog) am physically fit and have trained sufficiently for the event chosen.

Signature of participant / date

Signature of Parent/Legal Guardian if under age 18