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As of 9/21/09

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Keltech	Wheeler's Fast Service Laundry
Bill Langston Pewter	Woods Rogers PLC, Attorneys at Law
Long & Foster Realtors	

Don't see your business, or organization or church name here? There's still time to be a 2009 Drumstick Dash Sponsor. Contact Lee Clark at 540.777.7687 or lee@rescuemission.net to MOVE YOUR FEET SO OTHERS CAN EAT.

The Rescue Mission of Roanoke

402 Fourth Street, SE - Roanoke, VA 24013
540.343.7227 phone - 540.344.4387 fax
www.rescuemission.net

move your feet so others can eat!

402 4th Street, SE
Roanoke, VA 24013



Drumstick Dash 2009
move your feet so others can eat!

5K Race & Family Walk

Thanksgiving Day

Historic Downtown Roanoke Route
Wonderful Music to Enjoy Along the Way

Registration - begins 7.00am

Race - 9.00am

Walk - 9.10am

ChampionChip Start and Finish Line Timing provided by
Queen City Timing Services



Let us run with perseverance the race marked out for us.
Hebrews 12:1

Come Join Us

Be a part of the 4th Annual StellarOne Drumstick Dash 2009 this Thanksgiving Day in Downtown Roanoke! This event is sure to get you into a thankful spirit as you and your family join us in feeding the hungry. Enjoy music and historic sites along the way as the StellarOne Drumstick Dash provides a fun, family-friendly, rain or shine Thanksgiving Day event. This year, the Rescue Mission will provide 350,000 meals to hungry families.

move your feet so others can eat!

Awards

Awards will go to the top three runners, male and female and top 3 in Master's Division (ages 40 and over), male and female. Also, top three runner finishers in age divisions as follows.

Age Groups based on your age as of November 26th:

1 - 9	25 - 29	45 - 49	65 - 69
10 - 14	30 - 34	50 - 54	70 & Up
15 - 19	35 - 39	55 - 59	
20 - 24	40 - 44	60 - 64	

One award per person

★ **Award for Largest Group** - Business, Church, Family, etc.
Must be registered by November 20th.

Awards Ceremony to start immediately after the Drumstick Dash

Time and Results

★ **ChampionChip Start and Finish Line** timing and computerized race results are provided by Queen City Timing Services. Results will be posted on the following websites:

www.rescuemission.net www.queencitytiming.com
www.starcitystriders.com www.fleetfeetroanoke.com

Route

Our route winds through downtown Roanoke, starting at Williamson and Franklin Roads and will end on the historic Roanoke City Market. Enjoy music of all types stationed throughout the route. For route details, visit www.rescuemission.net.



For More Information

Uneita Mathews Lee Clark
540.777.7657 or 540.777.7687
uneita@rescuemission.net lee@rescuemission.net

Registration

EARLY Registration by November 16th

Runners	\$20
Walkers	\$10
Walkers - cap for immediate family of 6 or more walkers	\$50
Strollers	\$5
Well-behaved dogs (on leashes)	\$5

NOTE: Early Registration guarantees a t-shirt in size requested and must be postmarked by the 16th

LATE Registration after November 16th

Runners	\$30
Walkers	\$15
Strollers	\$10
Well-behaved dogs (on leashes)	\$10

- ◆ **On-line at www.rescuemission.net**
(Note: On-line registration closes at midnight on Friday, November 20th)
- ◆ **Drop off at the Rescue Mission, 402 4th St, SE**
(Do not mail after November 16th)

RACE DAY Registration

The Rescue Mission 7 - 8am

Your non-refundable registration becomes a tax-deductible donation if you are unable to attend.

Packet/Disposable Chip Pick-Up

The Rescue Mission Main Building

Monday, 11/23	7am - 6pm
Tuesday, 11/24	7am - 6pm
Wednesday, 11/25	7am - 6pm
Race Day, 11/26	7.30 - 8.30am

★ **Disposable Chips** for runners will be available at Packet Pick-Up

Start Times

5K Run	9.00am
Family Walk	9.10am

Refreshments

There will be a water station for the runners and walkers as well as a water station for the dogs offered along the course route and a continental breakfast at the finish.

The Rescue Mission is a 501(c)(3) non-profit organization and welcomes your support.

StellarOne Drumstick Dash Entry Form

Please mail form and payment for **each** participant to

Rescue Mission StellarOne Drumstick Dash
P.O. Box 11525
Roanoke, VA 24022

*Make check payable to **The Rescue Mission**
Only one name per entry form - copies accepted
Mail entries must be postmarked by November 16th*

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone (_____) _____

E-mail _____

★ Group Name I'm registering with (optional)

EARLY Registration by November 16th *Guarantees t-shirt in size requested*

- Runner (\$20) Walkers - cap for
- Walker (\$10) immediate family
- Stroller (\$5) of 6 or more (\$50)
- Well-behaved dog on leash (\$5)

LATE Registration after November 16th

- Runner (\$30)
- Walker (\$15)
- Stroller (\$10)
- Well-behaved dog on leash (\$10)

I would like to make an additional donation of \$ _____

TOTAL AMOUNT ENCLOSED

		<i>Runners Only</i>	
Age as of 11/26/09	_____	Date of Birth	____/____/____
Gender	<input type="checkbox"/> Male	<input type="checkbox"/> Female	

T-Shirt Size (circle one)

Adult	S	M	L	XL	XXL	XXXL
Children	S	M	L			

Cash (Enclosed) Check (Enclosed) VISA Mastercard Discover

Name on Card _____

Card No. _____ Exp. Date ____/____

Signature _____

Waiver: In consideration of being permitted to participate in the Drumstick Dash, for myself, my heirs, executors administrators and assignees, I do hereby release and forever discharge the Rescue Mission of Roanoke and their respective officers, employees, agents, subsidiaries and affiliates, and all those persons involved in organizing and staffing this event from all claims, demands, losses, damages, actions, causes of actions or suits of whatsoever kind or nature, arising from my participation in the race on November 26, 2009. There will be no refunds.

Signature _____

(If under age 18, parent or guardian must also sign)

Signature _____

(Parent or Guardian, if applicable)

WAIVER MUST BE SIGNED