

Move your feet so others can EAT!

Join us for the
5th Annual

StellarOne Drumstick Dash 2010

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.

AWARDS

The award ceremony begins at 10:00 am on the Roanoke City Farmer's Market. Awards will go to the top three runners, male and female and top three in Master's Division (ages 40 and over), male and female (one award per person).

Age groups based on your age as of November 25th

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	

New this year! Award for largest Group:

Must be registered by November 19th.

A winner will be declared for each of the following:

Business Church Family

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 web sites:

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

ROUTE

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

For More Information Contact:

Uneita Mathews
(540) 777-7657
uneita@rescuemission.net

Lee Clark
(540) 777-7687
lee@rescuemission.net

REGISTRATION

Early Registration by November 15

Early Registration guarantees a T-shirt in size requested and must be postmarked by November 15.

Runners \$20
Walkers \$10
Walkers-cap for immediate family of
6 or more living at same address \$50
Babies in strollers \$ 5
Well-behaved dogs on leashes \$ 5

Late Registration after November 15

Runners \$30
Walkers \$15
Babies in strollers \$10
Well-behaved dogs (on leashes) \$10

Mail to: PO Box 11525, Roanoke, VA 24022

(Do not mail after November 15)

Drop off: at 402 4th St. SE., Roanoke

On-line: at rescuemission.net

(On-line registration closes at midnight on Friday, Nov. 19)

Race Day Registration - November 25

The Rescue Mission..... 7 - 8 am
402 4th Street, Roanoke, VA 24013

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, 11/22 7 am - 6 p.m.
Tuesday, 11/23 7 am - 6 p.m.
Wednesday, 11/24 7 am - 6 p.m.
Race Day, 11/25 7:30 - 8:30 a.m.

*Disposable Chips for runners
will be available at packet pick-up*

START TIMES

5 K Run 9:00 a.m.
Family Walk..... 9:10 a.m.

CELEBRATION & REFRESHMENTS

There will be a water station for the runners and walkers as well as a water station for dogs offered along the course. After the Drumstick Dash, participants are invited to a continental breakfast and awards ceremony at the finish.

The Rescue Mission is a 501(c)(3) nonprofit and welcomes your support.

StellarOne Drumstick Dash Entry Form

Please complete a form for EACH participant.
May copy form. Need signed waiver for each participant

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone (_____) _____

E-mail _____

Group name _____ CHECK ONE FAMILY

Runner (\$20) Baby in stroller (\$5) CHURCH

Walker (\$10) Well-behaved dog BUSINESS

Family discount \$50 on leash (\$5)

(6 or more immediate family with same address)

Late Registration (after Monday, November 15)

Runner (\$30) Baby in stroller (\$10)

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

T-shirt size (circle one)

Adult S M L XL XXL XXXL Children S M L

Runners Only: _____ MALE _____ FEMALE
AGE AS OF 11/25/10 _____ DATE OF BIRTH ____/____/____

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

Multiple registrations can be totaled and submitted in one form of payment.

CIRCLE ONE

CASH Check VISA MASTER CARD DISCOVER

Name on Card _____

Card # _____

Signature _____ Exp. Date _____

TOTAL AMOUNT (for this form)

Make Checks Payable to "The Rescue Mission" and mail to:

Rescue Mission StellarOne Drumstick Dash

P.O. Box 11525 • Roanoke, VA 24022

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 25, 2010.

For valuable consideration received, I grant to The Rescue Mission Ministries (Photographer) and his/her legal representatives and assigns, the irrevocable and unrestricted right to use and publish photographs of me, or in which I may be included, for editorial, trade, advertising, and any other purpose and in any manner and medium, and to alter and composite the same without restriction and without my inspection or approval. I hereby release "The Rescue Mission and his/her legal representatives and assigns from all claims and liability relating to said photographs

Signature _____
(IF UNDER AGE 18, PARENT OR GUARDIAN MUST ALSO SIGN)

Signature _____
(PARENT OR GUARDIAN, IF APPLICABLE)

WAIVER MUST BE SIGNED.

Thank You 2009 Sponsors!

Drumstick Dash 2009 was presented by

StellarOne **Kroger**

With support from the following Sponsors:

Cox Communications
WLS News Channel 10
Church of the Holy Spirit

Carilion Clinic Spirit FM Orvis
Fleet Feet Sports K92 FM Roanoke Times
Sodexo USA

The Branch Group, Inc.
Elizabeth Arden
EVE Network of the Rescue Mission
Friendship Retirement Community
Grand Home Furnishings
Muncy Fine Photography
Uptime Business Products

Branch Management Company
Frith, Anderson & Peake, PC
Lewis-Gale Medical Center
Lionbrger Construction Company
Modern Woodmen
Oakey's Funeral Service & Crematory
The Wadsworth Group at Morgan Stanley Smith Barney



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	Coca-Cola Bottling Company	Cornerstone Builders
	Dick's Sporting Goods	Goodman & Company, CPAs
	Guelich Capital Management, LLC	Lamar Outdoor Advertising
	Bill Langston Pewter	Long & Foster REALTORS
	Roanoke Gas Company	Roanoke Star-Sentinel
	Rutherford Insurance	2nd Presbyterian Church
	Allstate Insurance Company	Western Virginia Water Authority
	Wheeler's Fast Service Laundry	Corrugated Container Corporation
	Woods Rogers PLC, Attorneys at Law	
	Edward Jones - Ben Hartman, Financial Advisor	
	United Security & Control Systems	
	BB&T BB&T Insurance Services, Selective Insurance Group	
	St. Marks United Methodist Church-Daleville	

Don't see your name here?
There's still time to be a 2010 sponsor!

Contact Lee Clark at 540-777-7687 or lee@rescuemission.net
Move your feet so others can eat.

The Rescue Mission of Roanoke
402 Fourth Street, SE - Roanoke, VA 24013

(540) 344-4387 FAX • rescuemission.net • (540) 343 - 7227

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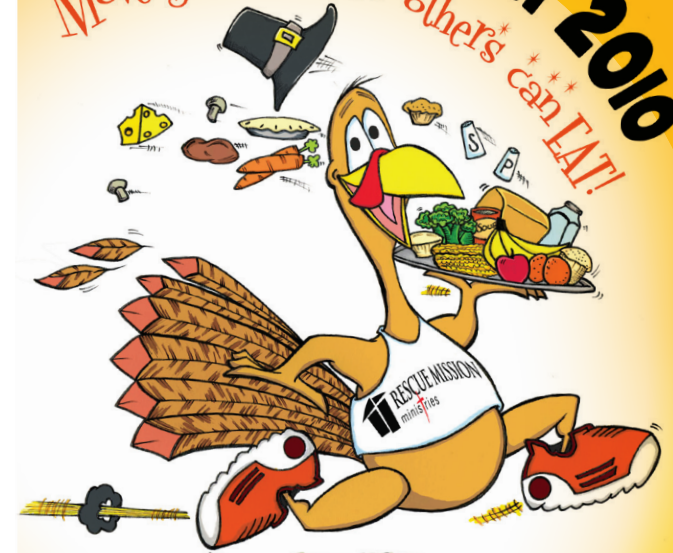
402 4th Street, SE
Roanoke, VA 24013

RESCUE MISSION
ministries

StellarOne

Drumstick Dash 2010

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5K Race & Family Walk

Thanksgiving Day

Historic Downtown Roanoke Route
Wonderful Music to Enjoy Along the Way

Registration - begins at 7:00 a.m.
Race - 9:00 a.m.
Walk - 9:10 a.m.

Champion Chip Start and Finish Line Timing provided
by Queen City Timing Services

RESCUE MISSION
ministries

This is the Day that the Lord has made, we will rejoice and be glad in it!