

Top Pot Doughnuts, Childhaven and Pro-Motion Events, Inc. would like to thank all sponsors who have supported the 8th Annual

TOP POT DOUGHNUT DASH



2017 top pot
doughnut dash

5K RUN AND KIDS DASH
SUNDAY, APRIL 30TH, 2017
8:30 A.M.



Overall men's and women's 5K winners will each receive a pair of round trip airline tickets courtesy of Delta Air Lines



All net proceeds will be donated to Childhaven
www.childhaven.org

www.promotionevents.com
206 729-9972



SPECIAL LIVE PERFORMANCE AT THE EVENT
★ BY CASPAR BABYPANTS ★

Top Pot Doughnut's 8th Annual 5K Doughnut Dash and Walk

Come out to Greenlake on **Sunday, April 30, 2017** and take part in this one-of-a-kind race. All registered participants receive a FREE doughnut after the race!

LOCATION

Next to the Community Center at Green Lake Park, 7201 East Green Lake Dr. N., 98115

DAY OF RACE

- 7:00am:** Registration, bib and chip pick up
- 8:30am:** Start of the 5K Run & Walk
- 9:15am:** Awards ceremony
- 9:30am:** Start of the 1K Kids Dash (Kids 12 & under)
- 10:00am:** Free Caspar Babypants performance

ENTRY FEES

- \$35.00** on or before March 31, 2017
- \$40.00** April 1 to April 29, 2017
- \$45.00** day of race registration
- \$15.00** Kids Dash

REGISTRATION

Register online at promotionevents.com or use your smartphone to text #tp5k to 94949 to receive the registration page.
Data and msg rates may apply. Reply STOP to cancel.

IN-PERSON REGISTRATION

Runs through noon on Wednesday, April 26, 2017 at:

Top Pot Doughnut Cafés.....	206 728-1986
Super Jock n Jill - Greenlake.....	206-522-7711
Super Jock n Jill - Redmond.....	425-658-4929
Everyday Athlete - Kirkland.....	425-821-4301
Plateau Runner - Sammamish.....	425-898-4173
Run 26 - Mill Creek.....	425-948-6495
Seven Hills Running - Magnolia.....	206-941-5866
Sound Sports - Seattle.....	206-624-6717
West Seattle Runner - West Seattle.....	206-938-0545

MAIL-IN REGISTRATION

Postmarked on or before Monday April 24, 2017
(See entry form for mailing details)

PACKET PICKUP & LATE REGISTRATION

Pick up your timing chip, bib number and limited edition Top Pot T-shirt at Super Jock n Jill Greenlake on Friday, April 28 (10am to 8pm) or Saturday, April 29 (10am to 4pm). You may also still register at that time. Packets will also be available on event morning.



TOP POT DOUGHNUT DASH - APRIL 30, 2017

Fill out completely. Please print clearly. One Entrant per form/copies OK. No refunds.
Entry fee is **\$35.00** on or before March 31, 2017, **\$40.00** April 1 to April 29, 2017 and **\$45.00** on April 30, 2017.

Bib # _____
 Age on 4/30/2017 _____
 Sex M F _____
 DOB _____
 Kids Dash Shirt YM YL _____
 Adult Shirt S M L XL _____

First Name _____ Last Name _____
 Street Address _____ State _____ Zip code _____
 City _____ Day Phone () _____
 Email _____
PLEASE READ AND SIGN: I know that participating in a road race/walk is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by a race official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, the effects of weather, including high humidity, traffic, and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I, for myself and anyone entitled to act on my behalf waive and release The End Result Co., the City of Seattle, Pro-Motion Events, Top Pot Doughnuts, USA/FPNITE, all sponsors, their representatives, and successors from all claims or liability of any kind arising out of my participation even though said liability may arise out of negligence or carelessness on the part of the person's name in this waiver. I grant permission for all of the foregoing to use my email address, any photographs, motion pictures, recording or any other record of this event for any legitimate purpose. This is to certify that my child has permission to compete in this event, is in good physical condition and that event officials may authorize necessary emergency treatment. **I UNDERSTAND THAT MY ENTRY FEE IS NON-REFUNDABLE, THAT IT INCLUDES WASHINGTON STATE SALES TAX, AND THAT I WILL BE CHARGED \$30 FOR UNRETURNED TIMING CHIPS. ENTRIES CANNOT BE ACCEPTED WITHOUT A VALID SIGNATURE!**
 Signature _____ Date _____
 Guardian (if under 18) _____ Date _____

5K Run/Walk
 1K Kids Dash
 \$35 entry fee on or before 3/31 \$ _____
 \$40 entry fee 4/1 - 4/23 \$ _____
 \$45 day of race \$ _____
 \$15 Kids Dash (includes shirt) \$ _____
 I would like to make a donation to Childhaven \$ _____
Total amount enclosed \$ _____