



# THE 2020 NO SWEAT NO RUN 5K

RUN BY: **SUNDAY, SEPTEMBER 27TH, 2020**  
FACEBOOK LIVE SHOW: **SATURDAY, OCTOBER 3RD, 2020**

## LOCATION:

In keeping with current social distancing practices, it's your choice! Support children experiencing foster care by participating from your own home, favorite gym, local running path, donut shop, etc.!

## DATE/TIME:

Run by Sunday, September 27th, 2020 and send your photo and/or video by Monday, September 28th for the Facebook Live show

## NOTABLE:

All participants receive a fun tee shirt, coupon for a free Dunkin Donut and a swag bag to be picked up at the Duluth Festival Center on Thursday, September 17th or Friday, September 18th

Best "Non-Racing" photo posted wins a special prize

Facebook Live show to feature our participants with lot's of fun and awards for all age groups

## ENTRY FEE

**\$30** until 09/14/2020 | **\$35** after 09/14/2020

Find out more about the planned activities for the day at  
[DULUTHDONUTDASH5K.ORG](http://DULUTHDONUTDASH5K.ORG)

## REGISTER FOR THE 2020 "NON-RACE" NOW!

Contact Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_ M \_\_\_ F  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ E-mail Address: \_\_\_\_\_  
Shirt Size: \_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL Team Name: \_\_\_\_\_

In consideration of this entry, I waive any and all claims for myself and my heirs against the officials and sponsors of the 2020 Donut Dash for illness or injury which may result from my participation. I understand that participating in this event may be hazardous. I am in proper physical condition to participate in this event. I also give my permission to use my name and picture in any broadcast, telecast or other materials promoting this event.

Signature: \_\_\_\_\_

Please make checks payable to "Duluth Fall Festival" with Donut Dash in the memo section. **Mail check and registration form to Duluth Donut Dash | c/o W. Diann Tyrrell | 2913 Paddock Trail | Duluth, GA 30096**

**Proceeds benefit children in foster care through Wellroot Family Services**