


WAIVER

Participant Waiver. In consideration of acceptance of this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Sacred Heart Catholic Church, Sacred Heart Catholic School, Salisbury Rowan Runners, and all sponsors, contributors and their representatives, successors and assignees for injury or illness which may result from my participation. I attest that I am in proper physical condition to compete in this race and understand the risks associated therewith. I also give my permission for the administration of medical aid in the case of emergency. I further give my permission for the free use of my name, voice recording, or picture in any broadcast, tele-cast or any other account of this event for any legitimate purpose. I understand that if the race is canceled because of circumstances beyond the control of the race committee and sponsors, including but not limited to hazardous weather conditions or government ban, my entry fee will not be refunded.



 _____
Signature (Parent/Guardian must sign if under 18)

SCAN TO REGISTER



www.runsignup.com/sacredheartdolphindash



SACRED HEART CATHOLIC SCHOOL
385 Lumen Christi Lane, Salisbury, NC 28147

RACE DIRECTOR
Erica Taylor 704.640.8842

2nd Annual DOLPHIN DASH



3.18.23

**A community trail
run & fun run for all**



INFORMATION

01 WHEN

Saturday, March 18th, 2023

02 WHERE

Sacred Heart Catholic School
385 Lumen Christi Ln
Salisbury, NC 28147

03 TIME

Fun Run 10:00 AM
5K trail run/walk 10:30 AM

04 COURSE

Conquer this challenging, yet picturesque, 5K trail run on our amazing 100-acre campus. Highlights along the run include our outdoor learning center, athletic complex, Stations of the Cross, multiple learning gardens, greenhouse, the school and church.

05 REGISTER

Register online before midnight on 3/17 at www.runsignup.com/sacredheartdolphindash
*Sign up before 3/11 to receive t-shirt

Day of race registration between
9:00-10:15 a.m.



06 AWARDS

Top 3 Overall Men
Top 3 Overall Women
Top 3 Deep All Age Groups

Age Groups:
11 & under, 12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 & over

IN CASE OF INCLEMENT WEATHER ON RACE DAY, VISIT OUR WEBSITE FOR INFORMATION ABOUT DELAYS, POSTPONEMENT, ETC.

WWW.FACEBOOK.COM/SACREDHEARTDOLPHINS

REGISTRATION

Name

Address

City _____ State _____

Zip Code _____

Phone

Email

Age as of 3/18/23 _____

Gender (M/F): _____

Event:

Fun Run (\$10) _____ 5K (\$25) _____

Shirt Size (Circle One):

YS YM YL

SM MED LG XL XXL

Please make checks payable to:
Sacred Heart Catholic School
385 Lumen Christi Lane, Salisbury, NC 28147