



Registration

**Virtual 5K/10K Walk/ Run
Mile-a-Day Challenge
Virtual Kids Fun Run
May 1 - May 31, 2021**

Join us to celebrate 10 years of running and rocking to support children in foster care! For this virtual event, choose to run or walk a 5K or 10K on a course of your choosing or take part in our Mile-A-Day Challenge and run or walk a mile a day throughout the month of May. Our littlest supporters can even help other kids by doing their very own virtual Kids Fun Run!

We'll be continuing the Rock N' Run fun all month long on our Facebook page and Instagram so be sure to follow us to be part of the celebration. Register today and download the RaceJoy app to make the most of the event. Everyone who completes a virtual Rock N' Run event is invited to join us for our summer Victory Lap event to safely celebrate with music, swag bags, and more!

Visit www.rocknrun.com to register online.

- Virtual 5k/10K run/walk--\$30**
- Kid's fun run--\$15**
- Mile-A-Day Challenge: Run/walk a mile a day (or 31 miles in May)--\$40**



**FOSTER care.
& ADOPTION**

All funds raised benefit our work to support those impacted by foster care. With your help, we can continue to help rebuild shattered lives and provide a bright future for the children and families we serve. Visit us at care4kids.net for more information. Thank you!

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Name: _____ **D.O.B.:** _____ M F

Address: _____

Phone: _____ **Email:** _____

Event:

5K Walk/Run

10K Walk/Run

Mile-a-Day Challenge

Kids Fun Run

Consent and Waiver: I hereby declare myself in good physical condition and able to run or walk in the 2021 Rock N' Run event. I do hereby waive and release the individuals associated with this event, its agencies, representatives, successors, and assigns from any claims for damage of any nature, including personal injury that I may incur as a result of my participation.

Signature: _____ **Date Signed** _____

Signature of Parent/Guardian: _____ (if participant is less than 18 yrs old)

T-shirt size (circle): Youth: S M L Adult: S M L XL XXL

Age Divisions: 13 & Under; 14-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+