

# Heavy Construction Contractors Association Health and Wellness Committee

4th Annual **5K** & 1 Mile Fun Run



## Ditch Diggers Dash

Start your Sunday with a family friendly 5K  
\$30 includes drink ticket & t-shirt  
100% Charitable, Proceeds benefit



**May 5, 2019 9AM**

**2 Silos Brewing Co.**  
9925 Discovery Blvd  
Manassas, VA 20109





## Yeti Cooler and other door prizes to be given away at the end of race!!

**5K Registration Information:** Registration for 5K is \$30 if submitted prior to April 15, 2019 and \$35 thereafter and \$15 for children under the age of 12. The entry fee includes a t-shirt and one 2 Silos Brewing Co. beer (I.D. required, must be 21 years old) or Root Beer. Race entries must be postmarked or submitted via email / fax by April 15, 2019 to guarantee a t-shirt. T-shirts may also be for sale on race day, while supplies last. Race begins 9:30AM.

**Fun Run Registration Information:** Registration for the fun run is \$10 and includes a t-shirt. Discovery Junction will have activities for children after the run. Fun run starts at 9:00AM.

**Race Day Registration: 8:00 am - 9:00 am. ENDS AT 9:00 AM SHARP**

Strollers and pets (bring dog bags) are welcome at the rear of the 5k. Adequate parking will be available near the Start/Finish Line and at the 2 Silos Brewing Co. parking lot. For more information please visit [www.hcca.net](http://www.hcca.net)

### HOW TO REGISTER:

Online registration at Race Wire <https://racewire.com/register.php?id=10174>

Email - [events@hcca.net](mailto:events@hcca.net) or fax to 703-392-7249

Mail - send completed form for each runner below & check made out to HCCA: 9251 Industrial Ct, Suite 201, Manassas, VA 20109

#### 4th ANNUAL HCCA DITCH DIGGERS 5K RUN/WALK REGISTRATION FORM (All information & Signature required)

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on race day: \_\_\_\_ Sex:  Male  Female

HCCA Member Firm (if applicable): \_\_\_\_\_

T-Shirt Size: ADULT  Small  Medium  Large  XL  2XL  3XL CHILD  YSmall  YMed  YLarge

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

5K Registration Fee:  Early \$30.00 (on or prior to 4/15/19)  Late \$35.00 (after 4/15/19)  Child \$15.00 (12yrs. or younger)

1 Mile Fun Run Registration Fee:  Child \$10.00 (12yrs. or younger)

*In consideration of the foregoing, I for myself and executors waive and release any and all rights and claims for damages I may have against HCCA, Discovery Junction Children's Museum, Race Wire, and 2 Silos Brewing Company for all claims and damages, actions whatsoever in any manner as a result of my participation in this event and that my likeness for any further publicity or advertising. I have read the above conditions and accept them as shown by my signature. As a parent/guardian, I am responsible for my child's safety before, during, and after the 5K and the 1 Mile Fun Run.*

\* Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

(\*Signature of parent or guardian is required if participant is under 18 years of age)

Invoice HCCA Member Firm listed above.

## HCCA 4TH ANNUAL DITCH DIGGERS DASH 5K SPONSORSHIP

*Join HCCA Member Firms & HCCA Health & Wellness Committee in supporting The Discovery Junction Children's Museum. Be a 5K Sponsor. \$500 sponsorship includes company logo on event banner and 5K Event Race T-Shirt.*

**I AM PROUD TO BE A SPONSOR!**

Company Name: \_\_\_\_\_

Company Address: \_\_\_\_\_

Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

*Please email your logo and completed information above to [events@hcca.net](mailto:events@hcca.net)*