

THANK YOU TO OUR SPONSORS!



Two Angels Foundation was formed in 2005 in memory of Allyson and Rachel Mohatt, two sisters who both passed away at the age of five from Nemaline Myopathy, a rare form of Muscular Dystrophy.

The mission of the Two Angels Foundation is increasing the recreational opportunities for children with physical disabilities, inspiring them to lead the most inclusive and active lives possible.

To learn more about Two Angels Foundation, please visit our website:

TWOANGELSFUNDATION.ORG

PLACE
STAMP
HERE

MILES FOR SMILES 5K
Two Angels Foundation
PO Box 740849
Arvada, CO 80006-0849

Miles for Smiles 5K

May 17, 2020

Benefiting Two Angels Foundation



North Area Athletic Complex (NAAC)

19500 W. 64th Pkwy, Arvada, CO

8:40 a.m. Kids Fun Run

9:00 a.m. 5K Race

10:00 a.m. Jordyn's Adaptive Dash

Online registration available at
rightstartevents.com

TWO ANGELS FOUNDATION
P.O. Box 740849 • Arvada, CO
80006-0849

REGISTER

Mail in: Postmarked by Friday, May 8. Use the form at the right.

Walk-up: Saturday, May 16. 2:00-5:00 p.m. Location TBD

On-line: Closes at noon on Friday, May 15. www.rightstartevents.com

Race Day: Sunday, May 17 beginning at 7:45 a.m.

Race day registration add \$5.

Register online at
RightStartEvents.com

PACKETS

All packets can be picked up race morning from 7:45 a.m. to 8:45 a.m.

PRIZES

Top male and female overall receive \$100 cash. Overall winners excluded from awards below:

Top Male/Female 5K runners in all age categories receive a coupon for a pair of sock from Socks in Old Town Arvada. Second and third place winners receive a coupon for ice cream from Scrumptious in Old Town Arvada.

Age Categories: 12 & under; 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

All registered entrants are eligible for prize drawings at the race finish, courtesy of area businesses. (Must be present to win)

Results available at rightstartevents.com.

COURSE

A scenic 5k run, jog or walk on mostly open space trails, beginning and ending inside the stadium at NAAC in Arvada.

REGISTRATION FEES

Adults	\$30
Children (ages 5-12)	\$20
Children (Ages 4 and under) (Does not include t-shirt)	free
T Shirt Only	\$10
Race day registration add \$5	

JORDYN'S DASH

The Adaptive Dash is now Jordyn's Dash, in honor of Jordyn Grochocki. Jordyn was an important part of Two Angels Foundation since its inception and she recently passed away. After the 5K, bring out your adaptive equipment (tricycle, wheelchair, etc.) and walk, roll or ride your way to the finish line.

This is a free event, to register please email dawn@twoangelsfoundation.org to let us know you'll be joining us.

KIDS FUN RUN

There is a Fun Run, free to kids 10 & under. Race starts at 8:40 a.m.

Make checks payable to:

TWO ANGELS FOUNDATION

654 Tantra Drive

Boulder, CO 80305

Must be postmarked by May 8, 2020

All participants must sign waiver.

Please print.

Age on race day _____

Male Female

(please check one)

Name

Address

City, State, Zip

Email Address

Phone

Shirt Size - Please circle one

Unisex	S	M	L	XL
Youth			L	

WAIVER: In consideration of your accepting my entry into the Miles for Smiles 5K race, I, intending to be bound for myself, my heirs, executor and administrators, do hereby release and discharge the Two Angels Foundation, Right Start Events, City of Arvada, and any and all race sponsors, officials, volunteers from any and all liability arising from illness, injuries, damages I may suffer as a result of any aspect of participating in the Miles for Smiles 5K race whether pre-race, post-race or the race itself. I also understand and agree that a race sponsor may subsequently use for ANY LEGITIMATE purposes my name or pictures of me participating in the event without obligation or liability to me. By my signature below, I agree to abide by the race rules and agree to the above waiver. **I also understand the entry fees I pay are non-refundable.**

Signature of Participant

Date

Signature of Parent/legal guardian (if under 18)

Date

BIB #