

## Contact Information

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

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

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

🍏 **YES**, I would like to receive Eva Nepal's  
E-Newsletter

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

### REASONS TO PARTICIPATE THIS YEAR

- 🍏 Our community can make an impact!
- 🍏 An opportunity to show our kids that helping others feels good!
- 🍏 Low hassle: roll out of bed and show up!
- 🍏 Everyone can specialize: athletes, shoppers, artists, kids, sunbathers!
- 🍏 Unique contests and one-of-a-kind prizes!

### Release, Waiver Assumption of Risk & Indemnification

I know that participating in a road race/walk is a potentially hazardous activity and that I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with participating in the Eva Nepal Race to the Rock on November 28, 2013, including, but not limited to, falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this release and knowing these facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to act in my behalf, waive, release and hold harmless Eva Nepal, Inc. and all other sponsors of the race, their agents, any other persons assisting with the race and their successors from all claims or liabilities of any kind arising out of my participation in the race even though that liability may arise out of negligence or carelessness on the part of such persons or their agents. I grant unrestricted permission for the use of any photographs, motion pictures, recordings or other record of my participation in this event.

**Name(s) of Participants:** \_\_\_\_\_

**Initials** \_\_\_\_\_

DATE: \_\_\_\_\_

## ABOUT EVA NEPAL

Eva Nepal is a 501(c)3 non-profit organization, founded by Bethesda local Laura Spero, providing dental care and educational opportunities to youth and adults in Nepal.

**Race to the Rock has helped Eva Nepal reach over 30,000 people.** Funds support:

- (1) Sustainable **oral health care** and prevention programs in five rural villages.
- (2) **Fellowships** for first-generation literate youth to receive counseling for professional development, training in journalism & entrepreneurship, and college scholarships.

Thanks to support provided by people like you, we established the **GL Community Home**, and graduated 12 Fellows in 2014. Our oral health care program launched in three new villages, reaching **14,000 more people**.

Your support will help us continue to expand our health care program and enhance our youth services in 2015.

CHECK OUT THE SEPT. 1, 2013 WASHINGTON  
POST MAGAZINE COVER STORY ON EVA NEPAL  
& RACE TO THE ROCK! CLICK ON THE LINK AT  
[WWW.EVANEPAL.ORG](http://WWW.EVANEPAL.ORG)

**Eva Nepal, Inc.**

7826 Overhill RD, Bethesda, MD 20814

(301) 580-6689

[laura@evanepal.org](mailto:laura@evanepal.org)



# Eva Nepal

Harnessing Creativity for Generational Change

## Ninth Annual Race to the Rock

Thanksgiving Day  
November 27, 2014  
8AM Registration 9AM Start  
*Please pre-register!*

Greenwich Forest Triangle  
Wilson & Hampden Lanes  
Bethesda



# GREAT CAUSE & GOOD FUN FOR THE WHOLE FAMILY

Start Thanksgiving Day off with gratitude, generosity and a smile! Join your community in giving back through a Sec. 501©(3) non-profit organization changing the lives of families in Nepal.

**Adult Run:** 2.4 Miles

**Youth Run** (Ages 12 and Under): .6 Miles

With this Fun Run, **the emphasis is on FUN**. Join us in being creative! Costumes, accessories, and all modes of transportation (bikes, skateboards, scooters) are welcome. Contribute art, writing and ideas to the Wall of Creativity. All are welcome, whether you are running, walking, rolling, crawling, or cheering for others.

## Contests:

Prizes will be awarded for **creative costumes** and for racing with an **item that would have been useful on the Mayflower**, and of course, to the fastest runners.

## Event Schedule:

8am – Registration and Opening of Silent Auction / 8:30 – Check-in for pre-registered runners

9:00 – Race Kick Off

9:30-10:00 – Silent Auction Continues, Post-Race Refreshments & Eva Nepal Presentation

10:00 – Closing Ceremony & Raffle Drawing

## Kids, We Need You! And We'll Will Provide the Pizza

It's a Race to the Rock tradition: Kids of all ages are invited to a pre-race Mia's Pizza Party in Greenwich Forest the evening prior to the event to create signs honoring local businesses that are sponsoring this event. To help out, contact Laura at 301-580-6689 or [laura@evanepal.org](mailto:laura@evanepal.org).

## Out of Town?

Consider joining this community effort and supporting a great cause on Thanksgiving Day by making a tax-deductible online contribution at [www.evanepal.org](http://www.evanepal.org) or by mailing in the attached form.



## CONTRIBUTION FORM & EARLY REGISTRATION

Please Mail Checks Payable to Eva Nepal  
7826 Overhill Road Bethesda MD 20814  
OR register online at [www.evanepal.org](http://www.evanepal.org)

### 🍏 Individual Contribution & Registration

Adults: \_\_\_ x \$40: \_\_\_\_\_

Kids (12 & Under): \_\_\_ x \$25: \_\_\_\_\_

*\*Race day: \$45 adults / \$30 kids*

### 🍏 Family Entry

Small: 2 adults + up to 3 kids: \$85

Large: 2 adults + up to 5 kids: \$100

Our family's special amount: \$ \_\_\_\_\_

*\*Race day: \$95 small / \$110 large*

### 🍏 School Program Sponsorship\*

Minimum Donation: \$200

Other Amount: \_\_\_\_\_

### 🍏 Monthly Contribution

Suggested Donation: \$20

Other Amount: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_/\_\_\_/\_\_\_

\*A \$200 gift funds a dental seminar for an entire school. Your school will thank you with program photos and a book of drawings by the students.