



FEED MY SHEEP MINISTRY

Do you love me? Feed my sheep! John 21:15-18

First Annual 5K Run/Walk & Kid's Fun Run For Honduras & Scholar Sponsorship

Saturday Aug 19th, 2017 @ Christ Church, Fairview Heights

TIME: 8:00 AM – 5K Run/Walk. The Kids Fun Run will immediately follow the completion of the 5K.

COURSE: Through adjacent neighborhood starting and finishing at Christ Church, 339 Frank Scott Pkwy E., Fairview Heights, IL

AWARDS: The top 3 Overall winners (M & F) and first place Masters (M & F) will receive trophies. The top 3 finishers in each age division will receive medals. Medals will be given to all Kid's Fun Run participants.

DIVISIONS: 5K – Top 3 overall (M & F); First place Masters (M & F); Age Groups (M & F): 10 & Under; 11 - 14; 15 - 19; 20 - 24; 25 - 29; 30 - 34; 35 - 39; 40 - 44; 45 - 49; 50 - 54; 55 - 59; 60 - 64; 65 - 69; 70 & Over. Fun Run – All Youth Ages 10 & Under.

PACKET PICK-UP: Thursday & Friday, August 17th & 18th 12 pm to 6 pm & on Race Day at Christ Church from 6 am to 7:45 am.

ENTRY FEES: (Cash or Check) \$75 - 5K Race & T-shirt & sponsor a Honduran child with school supplies for upcoming year
\$25 - 5K Race & T-shirt

REGISTRATION CHOICES: 1. Mail form and check to: **Bob Nelson, 2428 Fowlakes Drive, Belleville, IL 62220**, 2. Sign up at packet pick-up or on race day 3. Online at: <https://feedmysheepministry5k.itsyourrace.com/register>

Make checks payable to "Feed My Sheep Ministry", entry fees are nonrefundable. Race will be held rain or shine, it will only cancelled if dangerous conditions exist.

First Annual "Feed My Sheep Ministry" 5K Run/Walk and kid's fun run for Honduras & Scholar Sponsorship
(PLEASE PRINT CLEARLY)

NAME: _____ **ADDRESS:** _____

CITY: _____ **STATE:** _____ **ZIP:** _____ **TELEPHONE#** _____

GENDER: M / F **AGE ON RACE DAY:** _____ **EMAIL ADDRESS:** _____

RACE (circle only one): Sponsor Child & 5K Race (\$75 / 5K Race (\$25)

SHIRT SIZE (circle only one): **ADULT:** S M L XL XXL **CHILD:** S M L XL

Waiver of Liability: I represent that I understand the nature of running/walking events and that I am qualified, in good health, and in proper physical condition to participate in such an activity. I recognize, understand, and assume all risks associated with running/walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather (including high heat and/or humidity), traffic and the conditions of the road, all such risks being known and appreciated by me. In consideration of this entry, I, on my own behalf, or on behalf of my child/ward (under 18), intending to be legally bound hereby to myself, heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Feed My Sheep Ministry, Christ Church Fairview Heights, the City of Fairview Heights, and any of their members, employees, agents, representatives, successors, assignees, and all sponsors for any and all injuries suffered by me, or my child/ward (under 18) in said event. I grant full permission for organizers to use photographs, videotape or motion pictures of me or my child/ward, and/or quotations from me in legitimate accounts and promotions of this event.

SIGNATURE: _____ **DATE:** _____