

Zion 5k run for missions

May 14th— 8am

Race Day Activities

The race is sponsored by Zion Baptist Church
525 West Zion Church Road, Shelby, NC 28150

Race Day Instructions

Schedule of Events

- 6:45-7:45** Race day registration—Zion Baptist Church—Family Life Center.
 - 7:45-8:00** Last minute stretching and strides. **Get ready for the challenge!**
 - 8:00** Race starts! - Course Closes 9am
 - 9:10** Post Race results, awards, door prizes, free food, and games.
 - 9:30** BABY CRAWL / Toddler Trot **Sign up**
 - 9:45** Children's Fun Run 1/2 mile run **race day**
- Child care and games for all racer's children will be provided during the race by the Zion Baptist Children's Ministry Team. Check in at the registration table on race day. For more info call 704-487-8216

All proceeds from the race will benefit a Haiti Mission Orphanage and Zion Baptist Youth & Children Mission projects in Knoxville and Shelby

Early registration includes a short sleeve t-shirt. Packet pick-up and late registration will be open from 6:00-7:30 pm., Friday May 13th at Zion Baptist Church, and from 6:45-7:45 am on race day in the Family Life Center (back parking area of the church). (see the back of the form for a course map) **Registration will close at 7:45am** and the race will begin promptly at 8:00 am.

Door prizes

You must be present to claim door prizes. All door prizes and t-shirts must be picked up on race day.

Children's Activities Toddler dash

Awards

Prizes for the top three overall male and female finishers will be awarded. (Gift Cards to a local running store)
The top three finishers in each age division will receive awards. **Age groups:** 18 and under 19-29
30-39 40-49 50-59 60-69 70 & up Haiti Orphanage

Enter now online—www.racesonline.com or by mailing your completed race brochure to:
Zion Baptist Church; 525 West Zion Church Road; Shelby, NC 28150
Please make all checks payable to : Zion Baptist Church - No refunds will be given



For more info about the race go to www.zbcshelby.org or call 704-487-8216



Early Entry: \$20 by May 8th
May 9th through race day \$25

Official Entry Form Please fill out this form completely. **Incomplete and illegible forms will not be accepted and will not be entered in the race.**

Mail to: Zion Baptist Church
525 West Zion Church Road
Shelby, NC 28150

Waiver: In consideration of being permitted to participate in the Zion Run 5K for missions, I do hereby for me, my heirs, executors, administrators, and assignees, release and forever discharge the sponsors and all those persons involved in organizing and manning this event from all claims, demands, loss, damage, actions, causes of actions or suits as long or inequity of whatsoever kind of nature arising out of my participation in the race on May 14, 2016.

First Name **Initial** **Last Name**

Street Address **City** **State** **Zip**

Phone Number **Age** **Birthdate**

Sex: Male or Female (circle one) **T-Shirt Size (circle one) S M L XL**

← Signature **** Parent or guardian must sign if participant is under 18 years of age***

Check here if you will need childcare during the race ___# of children ___ ages