



**5TH ANNUAL  
SHADY GROVE  
RUN/WALK FOR  
CYSTIC FIBROSIS  
SEPT 7, 2019**



Shady Grove UMC

Online registration available at <http://www.wilsontiming.com/RaceofFaith>

**5K Awards:** Given to top male & female overall and top 3 places in the following age groups (male & female): 19 & under, 20-29, 30-39, 40-49, 50-59, 60 & over.

**1 Mile Fun Run/Walk Awards:** Top 3 male and female age 12 and under.

**Timing, Scoring and Online Registration** - by Wilson Timing. Results will be posted online at [www.wilsontiming.com](http://www.wilsontiming.com) following the event.

**Day of the Race:** 8:00 - 8:30 Runner Check-in

Cannot guarantee a shirt the day of the race without pre-registration

8:40 Pre-race Event

9:00 Race Start Time

Childcare will be provided for participant's children.



For sponsorship or other information contact John Williams at [raceoffaith@yahoo.com](mailto:raceoffaith@yahoo.com) or 252-259-2330

**OFFICIAL REGISTRATION FORM (ONE RUNNER PER FORM)**

5K Run/Walk - \$25.00\*

or

1 Mile Fun Run - \$20.00\*

\*If postmarked prior to Aug 23rd,

After Aug 23rd: 5K- \$30, 1 Mile-\$25

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

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

**Phone:** \_\_\_\_\_ **Age:** \_\_\_\_\_

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

**Gender:**  Male  Female

Make check payable to:

**Shady Grove UMC**

Mail completed form to:

**Shady Grove UMC**

**Attn: Race of Faith**

**4359 Middle Road**

**Kinston, NC 28501**

Please select t-shirt size

Youth:  Small  Med  Large

Adult:  Small  Med  Large

Adult:  X-Large  XX-Large

If you would like to order extra shirts, please indicate quantity above (\$15 each).

Disclaimer:

I understand that racing can be a hazardous activity, and I and my heirs, executors, administrators and assigns do hereby release the organizers, sponsors, all race personnel, Wilson Timing, Shady Grove UMC and church personnel, from responsibility for any damages suffered by me as result of my participation in this event. I also attest that I am in sufficient physical condition to safely participate in the event on September 7, 2019 and that I take responsibility for my personal safety during it.

**Signature:** \_\_\_\_\_