

5th Annual

Shalom 5K

5K run, 1 mile Fun Walk and Kids Race

Proceeds benefit the Shalom UMC Pantry Mission

WHEN: December 1, 2018 AT Noon (Registration begins at 10:00 AM)

WHERE: BLOOM CARROLL HIGH SCHOOL (by the Baseball fields off Plum Road)

Entry Fee: \$18 Early Registration (please also bring at least one canned food to the event)

\$25 after 11/1/18 or on race day (please also bring at least one canned food to the event)

T-shirts to Early Registrants: Note: T-shirt may not be available if registration received after 11/1/18

Raffle tickets for Door Prizes will be given for every two cans of food donated

Awards: Top 3 overall male & female

Age groups 0-10, 11-13, 14-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+

1 mile fun walk – no awards or recorded times

Kids Races (as soon as the 5K is complete):

Kids races may be split or added together depending on number of participants

Ribbons will be given for 1st, 2nd, 3rd place. All kids that did not place will get a participation ribbon.

Kids races entry is one canned food donation, sign up the day of the race. (Kids do not get shirts).

All Participants are encouraged to dress up to show their Christmas spirit at the race. The Mayor will judge the best dressed at 11:45 AM.

We hope you will stay and take part in some of the other great "A Christmas Carroll" activities going on in the Village.

For Further Information: www.shalomumc.org or search Shalom 5K on Facebook

PLEASE PRINT & MAIL FORM TO: Shalom UMC Attn: 5K Race **4925 Plum Road Carroll, OH 43112-9669**

MAKE CHECKS PAYABLE TO: Shalom United Methodist Church (NO Refunds)

FIRST NAME _____ LAST NAME _____

STREET ADDRESS _____ AGE ON RACE DAY _____ SEX (M or F) _____

CITY _____ STATE _____ ZIP _____

EMAIL _____ T-SHIRT SIZE (YM, YL, S, M, L, XL, XXL) _____

Please select event: 5K _____ 1 mile Fun walk _____

Waiver and Release: By participating in this Event, I do so at my own risk. I assume all risk of injury, illness, damage or loss to me or my property that might result, including without limitation, any loss or theft of personal property. I consent to medical treatment in the event of injury, accident and/or illness during the Event. I agree on behalf of myself (and my personal representatives, heirs, executors, administrators, agents and assigns) to release and discharge the organizers of this event, its principals, its officers & directors, Shalom U.M.C., Village of Carroll, Greenfield Township, Bloom-Carroll Schools, all sponsors and their representatives and employees from any and all claims or causes of action (known or unknown) arising out of their negligence. I acknowledge that I have carefully read this Waiver and Release and fully understand that it is a release of liability. By my signature below, I am waiving any right that I may have to bring legal action to assert a claim against any and all Event sponsors for their negligence. I hereby grant full permission to any and all of the foregoing to use my name and likeness in any broadcast, telecast, video or print media reporting or advertising of the Event without compensation.

PARTICIANTS SIGNATURE OR PARENT/GUARDIAN IF UNDER 18 YEARS OLD

DATE

PHONE
