

5K Run & Walk

USATF Sanctioned

Saturday, November 14, 2009

8:00AM Registration - 9:00AM Start

START & FINISH

Precious Blood Catholic Church Parking Lot
1633 Waverly Road, Pawleys Island

EARLY FEE

Adults - \$20.00 Pre-registration received before 11/11. Registration 11/12 and after - \$23.00

Youth - ages 7-14 - \$12.00 Pre-registration received before 11/11. Registration 11/12 and after - \$14.00

AWARDS (Cowbells)

RUNNERS

First 3 Places Overall - Male & Female
First 3 Places Age Groups - Male & Female as follows: Under 10, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

WALKERS

First 3 Places Overall - Male & Female

100 Yard Tot Trot

300 Yard Tot Trot

Saturday, November 14, 2009

8:00AM Registration

100 Yd Start-9:30AM

300 Yd Start-9:45AM

START & FINISH

Precious Blood Catholic Church
1633 Waverly Road, Pawleys Island

AGES

100 Yd Tot Trot - - - -1 - 4 Years Old

300 Yd Tot Troy - - - 5 - 6 Years Old

ENTRY FEE

\$9.00 per person - Includes T-Shirt

AWARDS

All tot trot participants receive a miniature cow bell.

Entry Form (One Entry Per Form Please) Mail to: Outreach Farm, PO Box 644, Pawleys Island, SC 29585

EVENT:	TIME:	\$ FEE
___ 5K Run	9:00	_____
___ 5K Walk	9:00	_____
___ Tot Trot Ages 1-4	9:30	_____
___ Tot Trot Ages 5-6	9:45	_____

REGISTER USING THIS FORM OR GO TO
active.com or outreachfarm.org

Disclaimer: In consideration of this entry, I waive any and all claims for myself and heirs against official sponsors of "Run 'Til The Cows Come Home" for illness or injury which may result from my participation. I further state that I am in proper physical condition to participate in this event. I also give permission for the use of my name or pictures in any broadcast, telecast or other public account of this event.

Please Print - First Name

Last Name

Street Address

City, State, Zip

Phone #

Email Address

Age on 11/14/09

___ MALE ___ FEMALE T-Shirt Size (Circle One) XX LARGE X LARGE LARGE MEDIUM SMALL
T-Shirt Size Youth(Circle One) YOUTH LARGE YOUTH MEDIUM YOUTH SMALL

I Have Read The Disclaimer Above And Accept This Agreement _____

PROCEEDS TO BENEFIT OUTREACH FARM

Mission: Remembering God's Call to love our neighbor, The Outreach Farm's mission is to raise cattle to provide high-quality beef, at no cost, to non-profit organizations feeding the hungry. **PARTNERS:** Non-profit organizations feeding the hungry that receive free beef from the farm include: Friendship Place; Teach My People; Tara Hall; Pawleys Island Civic Club Child Care; Community Kitchen of Myrtle Beach; Father Pat's Lunch Kitchen; Mt. Olive Missionary Baptist-Century 21 Community Center; Waccamaw Youth Center. Outreach Farms: Hemingway off Route 512; Pawleys Island off Waverly Road.

VISIT OUR WEBSITE www.outreachfarm.org