



iRUN4FOOD 5K

March 22, 2014

2105 Newpoint Place, Suite 100
Lawrenceville, GA 30043



ENTRY FEE

5K: \$20 per person thru March 14
\$23 after March 14
\$25 day of race

1 Mile: \$10 anytime

(All registrations before March 14 guaranteed a T-Shirt.
After March 14 by availability only)

SCHEDULE OF EVENTS

7:00 AM Race Day Registration \$ Packet Pick Up
8:00 AM 5K Start
9:00 AM 1 Mile Fun Run Start
9:30 AM Award Ceremony

AWARDS

Trophies given to top overall male & female finishers as well as male and female master winners. Also medals for the top 3 finishers in the following age groups for male and female: 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+

PURPOSE

All proceeds from this event benefit the Lawrenceville Co-op which assists those in need by providing food, limited emergency financial assistance for utilities and prescription drugs.

THREE WAYS TO REGISTER

- Online www.irun4food5k.com
- Mail form to:
iRun4Food
1886 Woodpoint Court
Lawrenceville, GA 30043
Checks payable to: Fundracers
- In person on Race Day

Contact us at www.fundracers.com

For the latest updates—Find us on Facebook IRun4Food

Official Entry Form (One entry per form. Form may be copied)

Name: _____ Male ___ Female ___ Age on Race Day ___

Address: _____

City _____ State ___ Zip ___ Home/Cell# _____

Email: _____

Waiver: In consideration of this entry, I hereby waive and release any and all rights and claims against iRun4Food, The Bridge Church, Fundracers, its officials, race sponsors, volunteers, as well as any other person connected with their event, and all injuries which I may sustain while taking part in the event or as a result thereof. I certify that I have properly trained for this event and am in physical condition for this event.

Signature of Participant _____ Date: _____

(Parent/Guardian if under 18)

T-Shirt Size (circle one)

YS	S	XL
YM	M	XXL
YL	L	

Event: (Circle One) Amount:

1Mile 5K \$ _____

Additional Gift \$ _____

Total \$ _____