



Feeding the Valley Presents: The 6th Annual Outrun Hunger 5K & Fun Run



Together we can solve hunger.

Saturday 8AM, April 2, 2022
Feeding the Valley Food Bank:
6744 Flat Rock Road, Midland, GA, 31820
Please bring a non-perishable food item
and join us for a tour of the facility and kids' events.

5K Entry Fees:

\$22 per person through March 7th
\$25 March 8th-27th
\$30 March 28th – April 2nd
\$35 Day of the Race

Family Discount: \$80 for family of 4

Fun Run: \$16

(All registrations before **March 27th** guaranteed a t-shirt.

PURPOSE

Proceeds from this event benefit Feeding the Valley

THREE WAYS TO REGISTER

* **ONLINE** www.feedingthevalley5k.com

* **MAIL:** Complete Registration Form & mail to:

ORH 5k

2624 Allsborough Way
Dacula, GA 30019

Checks payable to "Fundracers"

* **In person** on Race Day

SCHEDULE OF EVENTS

7:00 AM Race Day Registration & Packet Pick Up

8:00 AM 5K Starts

9:00 AM Fun Run Starts

AWARDS

Medals and Finishers cups 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, 11-15, 16-20, 21-25, 26-30, 31-35, 36-40, 41-45, 46-50, 51-55, 56-60, 61-65, 66+

FOR MORE INFO

Contact us at swayne2221@yahoo.com

For the latest updates check the website:

www.feedingthevalley5k.com

Feeding the Valley 5K - ENTRY FORM

First Name: _____ **Last Name:** _____ **Gender:** Male _____ Female _____
Address: _____ **City:** _____ **State:** _____ **Zip Code:** _____
Home Phone: () _____ **Age (on 4/2/2022):** _____ **Email** _____

Circle One: 5K Fun Run

T-shirt or Tank

Circle One: YS YM YL S M L XL XXL (add \$2) Tank or T-Shirt

WAIVER: I understand that road racing is a strenuous sport and a potentially hazardous activity, and I state that I am in proper physical condition for this event. I also accept any and all other risks associated with running this event, including, but not limited to falls, contact with other participants, the effects of weather and condition of the roads. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, heirs, executors, administrators or anyone else who might try to claim on my behalf, covenant not to sue, and waive, release and discharge all officials, sponsors, volunteers, Columbus Parks and Recreation, Fundracers, and Feeding the Valley Food Bank from any and all claims of liability for death, personal injury or property damage of any kind or nature arising out of or in the course of my participation in this event. This release and waiver extends to all claims of every kind of nature, foreseen or unforeseen, known or unknown. Minors participation will be accepted only with a parent or guardian's signature. I give full permission for the use of my name and/or picture in any broadcast, telecast, or any other public account of this event. Race Directors reserve the right to reject entries.

Participant Signature _____

