
Hebrews 12:1-2

“...Let us run with perseverance the race marked out before us, fixing our eyes on Jesus...”

El Bethel Baptist Church Student Ministry seeks to glorify our Lord, Jesus Christ, by equipping teenagers to be his disciples and make disciples. The Let Us Run 5k and Fun Run assists our teenagers in paying for their Summer Camp and World Changers Mission Trips.

The Let Us Run 5k also benefits The Haiti Medical Mission Team at El Bethel Baptist Church and the Burke County Pregnancy Care Center of Morganton.

The H. M. M. Team goes to Haiti multiple times a year to provide basic healthcare for those in need. The Pregnancy Care Center is a place that helps women during a crisis pregnancy. They offer counseling and supplies for the women and the babies.

To Benefit:

El Bethel Student Ministry
Haiti Medical Missions
The Pregnancy Care Center of
Morganton

PLACE
STAMP
HERE

El Bethel Baptist Church
PO Box 2518
Morganton, NC 28680



Trechomen: Let Us Run 5K, 10K & Fun Run

May 21, 2016
Catawba Meadows Park
Morganton, NC

Register online at
[www.runsignup.com/
LetUsRun5k](http://www.runsignup.com/LetUsRun5k)
or Mail-in Registration Form Enclosed

Registration Information

Registrations Received By May 8th

5K & 10K Registrations: \$20.00
Registration includes t-shirt

Fun Run/Walk Registration : \$10.00
*All Fun Run/Walk participants receive a medal!
T-Shirts available for additional \$10.00

Registrations Received After May 8th

5K & 10K Registrations: \$25.00
*T-Shirt not guaranteed

Fun Run/Walk Registration : \$10.00

Please submit your payment and registration forms to:

El Bethel Baptist Church
c/o Let Us Run 5K
PO Box 2518
Morganton, NC 28680
Phone: 437-0570

Email: elbetheloffice@gmail.com

Register Online at:
www.RunSignUp.com/LetUsRun5k

Race Information

RACE DAY

7:30 AM - Registration

9:00 AM - Fun Run/Walk

9:30 AM - 5K & 10K

Race Location

Start and Finish at
Catawba Meadows Park
701 Sanford Drive
Morganton, NC

USATF Certified Courses
NC11083PH NC11084PH

Awards

All Fun Run/Walk participants will receive a participation medal.

Prizes will be awarded for 1st, 2nd, and 3rd place male and female overall winners for the 5K & 10K.

Prizes will also be awarded for 1st, 2nd, and 3rd place winners in the various age/gender categories for the 5K & 10K.

T-Shirts

T-Shirts are made out of tech/dri-fit material.

5k & 10k participants registered before May 8th are guaranteed a shirt.

Fun Run participants can order a shirt for an additional \$10.

Limited shirt sales will be available on Race Day while supplies last.

Race Registration

(✓one) 5K ___ 10K ___ Fun Run/Walk ___

Name _____

Address _____

City _____

State _____ Zip _____

E-Mail _____

(Check one) Male ___ Female ___

Age _____ DOB ___/___/___

T-Shirt Size: (Circle One)

Youth: YS YM YL

Adult: S M L XL XXL

Emergency Contact

Name _____

Phone _____

WAIVER MUST BE FILLED OUT AND SIGNED COMPLETELY

In consideration of acceptance of this entry, I waive all claims for myself, my heirs, executors, administration and assigns against the sponsors, organizers, officials and any other persons, or organizations directly or indirectly connected with the Trechomen/Let us Run 5K,10K, and Fun Run/Walk from any and all claims for personal injuries and or property damages resulting from participation in this event. I understand and agree that photographs, films, television, or radio interviews from the event may be taken and released to the public without any compensation being paid to me, the undersigned. I hereby represent that I am 18 years of age or older, or that the person signing as parent/guardian for permission allowing that entrant to participate is the actual parent/guardian. This is a release. Read carefully before signing.

_____ Participant Signature

_____ Parent/Guardian Signature

Runners Assume All Risks and Should Follow All Safety Guidelines