



h.o.w? Ministry

helping orphans and widows

5K run/walk for "the least of these"

Saturday, April 21, 2018

at LaCroix Church • Race begins at 8:00 am

Entry fee: \$25 pre-registered by March 31st • T-shirt guaranteed

Entry fee: \$30 April 1st through Race Day

For more information, contact Michelle Outman

michelle@howministry.org

Early check in: Friday, April 20th noon - 6:00pm at La Croix Church

Check in: Saturday, April 21 7:00am - 7:45am, race begins at 8:00 am

Proceeds benefit: h.o.w? Ministry missions in Kenya, Africa

Awards: overall male & female runners; first place in each age group & gender

Age Groups: 0-10, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-over

Timing: Cape Girardeau Road Runners

Register and pay online at www.howministry.org or mail form and payment to:

h.o.w? Ministry 5K, 465 Bristle Ridge, Cape Girardeau, MO 63701

Please print clearly and make check payable to h.o.w? Ministry

-----cut and return-----

I am walking to support a local missionary serving on the June 2018 Kenya mission
June 2018 team members name: _____

NAME: _____ email: _____

ADDRESS: _____ phone: _____

CITY: _____ STATE: _____ ZIP: _____ DOB / / age _____

circle one: Male / Female

circle one : run/walk

Entry fee includes a t-shirt if registered by March 31st or while supplies last

Shirt size: ADULT: S M L XL 2XL

YOUTH: S M L

Read Before Signing - Release and indemnification the signing of this registration form and the participation in the h.o.w? Ministry run/walk is with full knowledge of the risks involved there in and the undersigned individual and/or as parent or guardian assumes the risk of injury, sickness or health defect including death, resulting from or received during participation in the race, and further releases and agrees to waive harmless h.o.w? Ministry and LaCroix Church, its committees from any liability, damage, claim, that may result from or arise out of the participation in this race. I grant permission to be photographed, video taped, and recorded for all media usage.

Participant signature
(under 18 requires parent/guardian signature)

date _____