

*"We love because he first loved us."
1 John 4:19*

Hosted by: Janel Cox, Whitney Boone, & Annina Gruber

When: Friday, July 15, 2011

Where: Black Mountain Recreation Park

Happy Feet 5K Run/Walk

Can you believe that 1/5th of the world's population walks barefoot every single day? We want to help and you can too! Come join us on the beautiful Montreat, Black Mountain Campus for a 5K run/walk on some amazing trails. Your participation will help us send shoes to children in a community called Zwelthemba in South Africa. We will accept any donations (monetary or new/gently used shoes) in addition to your entry fee. Your participation plus any donation you make will help change the life of a child. All proceeds will go directly to the shipping and/or purchasing of shoes for the Zwelethemba children.

Race Details

Race Time: 6:00pm

Entry Fees: \$20

Early Registration: \$15

Top finisher in each age group receives an award

Course: 5K (98% grass/trail)

Race Day registration will begin at 5:15pm!



Entry Form: Happy Feet 5K

Mail to: Janel Cox, 113 Kent Street, Black Mountain, NC 28711 Memo: Happy Feet 5K

Full Name: _____ Circle One: MALE or FEMALE Age: _____

Address: _____ Phone: _____ Cell: _____

City: _____ State: _____ Zip: _____ Email: _____

Circle T-Shirt size: S, M, L, XL (Shirts only guaranteed for the first 100 registered runners)

Waiver: Upon acceptance of my entry, I, my heirs and assigns, hereby release the sponsors, volunteers and officials of the Happy Feet 5K, from any and all liability arising from illness, injury or death I may suffer as a result of participation in this event. I attest that I am physically fit and have sufficiently trained for this event, and I am aware that participation of this could result in injury. Should officials determine that completion of the event would be injurious to my health, I consent to be removed from the event and treated by designated medical personnel.

Athlete Signature: _____ Date: _____