



Movin' for Community Outreach 5K Walk/Run

To benefit Tarboro Community Outreach

Presented by Howard Memorial Presbyterian Church

Saturday April 6, 2019

Join us on April 6th for our 12TH annual *Movin' for Community Outreach 5K*. This USATF certified 5k course will take you through the beautiful downtown historic district of Tarboro. Food, drinks, and awards will follow the run. All proceeds will benefit Tarboro Community Outreach, which serves as Edgecombe County's soup kitchen and homeless shelter.

Location: Howard Memorial Presbyterian Church: 303 East Saint James Street, Tarboro, NC 27886.

Time: The 5K run/walk will begin at 9:00 am on East Pitt and Saint David Street.

Registration: Register online up to midnight Wednesday, March 29 through www.tcorun.com. Race day registration will open at 7:30 AM and close at 8:45 AM.

INDIVIDUAL REGISTRATION FORM

First Name: _____ Last Name: _____ Email Address: _____

Address: _____ Phone: _____

City/State/Zip: _____ Birth date (mm/dd/yyyy): _____ Age: _____

Gender: Male _____ Female _____

Corporate running series team name (if applicable): _____

T-SHIRT SIZE

Check only if applicable

S _____ M _____ L _____ XL _____ XXL _____ Firefighter _____ Police _____ Town Employee _____

Waiver – Please read all and sign below

No pets, skates, skateboards, bikes, or portable music players permitted. Baby strollers are welcome.

I acknowledge that running events can be hazardous activities, and I and my heirs, executors, administrators, and assigns do hereby release the organizers, sponsors, all race personnel, East Carolina Road Racing, and Howard Memorial Presbyterian Church, and all members of Howard Memorial Presbyterian Church from responsibility for any damages suffered by me as a result of my participation in this event. I give my permission for any photos that contain me to be used for promotional purposes. I attest that I believe I am healthy and fit enough to safely participate in the event on April 7, 2018, and that I will take full responsibility for my own safety before, after and during the event.

SIGNATURE: _____

DATE: _____

(PARENT'S SIGNATURE IF UNDER 18)

RACE INFORMATION

Results: Timing and Scoring by East Carolina Road Racing with chips. Results will be posted on www.runsignup.com

Awards:

- Top 3 Overall (Male / Female)
- Top 3 Overall (Town Employee, Firefighter, or Police Officer)
- Top 3 in Age Group (Male / Female): <9, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Race T-shirts are included for all participants

More Information: Visit us online at www.tcorun.com or you can contact Michael Peters at 252-904-9932 or michaelbrookespeters@gmail.com.

Online Registration: Please visit our website at www.tcorun.com to register online.

If you wish to pay by check, make checks payable to Tarboro Community Outreach and mail to:

Tarboro Community Outreach
C/O Accounting
701 Cedar Lane
Tarboro, NC 27886

Note: After March 31, 2019 there will be no advance registration and registration will only be available the day of the race.

Race Entry Fees: Early Registration fee \$20, BY March 22nd
General Registration fee \$25, AFTER March 22nd

RAIN OR SHINE, THE RACE WILL GO ON!!!!