

**5K Run & Walk**

USATF Sanctioned

Saturday, November 12, 2011

8:00AM Registration - 9:00AM Start

**START & FINISH**

Precious Blood Catholic Church Parking Lot  
1633 Waverly Road, Pawleys Island

**EARLY FEE**

Adults - \$20.00 Pre-registration received before 11/6. Registration 11/7 and after - \$23.00

Youth - ages 7-14 - \$12.00 Pre-registration received before 11/6. Registration 11/7 and after - \$14.00

**AWARDS** (Cowbells)

**RUNNERS**

First 3 Places Overall - Male & Female

First 3 Places Age Groups - Male & Female as follows:

Under 10, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

**WALKERS**

First 3 Places Overall - Male & Female

**100 Yard Tot Trot**

**300 Yard Tot Trot**

Saturday, November 12, 2011

8:00AM Registration

100 Yd Start-9:30AM

300 Yd Start-9:45AM

**START & FINISH**

Precious Blood Catholic Church  
1633 Waverly Road, Pawleys Island

**AGES**

100 Yd Tot Trot - - - -1 - 4 Years Old

300 Yd Tot Trot - - - 5 - 6 Years Old

**ENTRY FEE**

**\$9.00 per person - Includes T-Shirt**

**AWARDS**

All tot trot participants receive a miniature cow bell.

**Entry Form** (One Entry Per Form Please) Mail to: Outreach Farm, PO Box 644, Pawleys Island, SC 29585

EVENT:	TIME:	\$ FEE
<input type="checkbox"/> 5K Run	9:00	_____
<input type="checkbox"/> 5K Walk	9:00	_____
<input type="checkbox"/> Tot Trot Ages 1-4	9:30	_____
<input type="checkbox"/> Tot Trot Ages 5-6	9:45	_____

**REGISTER USING THIS FORM OR GO TO** [grandstrandrunner.com](http://grandstrandrunner.com)  
**DISCLAIMER:** In consideration of this entry, I waive any and all claims for myself and heirs against official sponsors of "Run 'Til The Cows Come Home" for illness or injury which may result from my participation. I further state that I am in proper physical condition to participate in this event. I also give permission for the use of my name or pictures in any broadcast, telecast or other public account of this event. Register by November 1<sup>st</sup> to guarantee a t-shirt.

Please Print - First Name

Last Name

Street Address

City, State, Zip

Phone #

Email Address

Age on 11/12/11

MALE

FEMALE

T-Shirt Size (Circle One) XX LARGE X LARGE LARGE MEDIUM SMALL

T-Shirt Size Youth(Circle One) YOUTH LARGE YOUTH MEDIUM YOUTH SMALL

I Have Read The Disclaimer Above And Accept This Agreement \_\_\_\_\_

Signature

Date

**THIS IS A GRAND STRAND RUNNING CLUB EVENT WITH ALL PROCEEDS TO BENEFIT OUTREACH FARM**

Mission: Remembering God's Call to love our neighbor, The Outreach Farm's mission is to raise cattle to provide high-quality beef, at no cost, to non-profit organizations feeding the hungry. PARTNERS: Non-profit organizations that receive free beef from the farm include: Friendship Place; Teach My People; Tara Hall; Community Kitchen of Myrtle Beach; Father Pat's Lunch Kitchen; Mt. Olive Missionary Baptist-Century 21 Community Center; Waccamaw Youth Center; Shephards Table; PIP Bread of Life Kitchen; Citizens Against Spouse Abuse, AIM. VISIT OUR WEBSITE [www.outreachfarm.org](http://www.outreachfarm.org) QUESTIONS: [runtillthecowscomehome@gmail.com](mailto:runtillthecowscomehome@gmail.com)