Join the fight against hunger by participating in Montgomery County Food Bank’s annual Outrun Hunger event, featuring a 5K Trail Run & 1K Color Dash, presented by H-E-B. The event’s proceeds benefit Montgomery County Food Bank’s programs for children, seniors, and families facing hunger in Montgomery County. This community-wide event offers summer fun for all ages. All event long at the Party Pavilion, you’ll enjoy live music, kid-friendly summer activities, photo ops, a splash zone, vendors, and more. We encourage all participants to set up a fundraiser at mcfoodbank.org/outrunhunger23 to make your impact go even further. Every $1 raised provides up to 4 meals. Let’s make a colorful splash into summer!

### 5K Trail Run/Walk
- Not a color run (Join the 1K Color Dash for only $10 more!)
- Timed race
- Dirt and grass-running trails
- Individual and team registration available
- Run, walk, skip - it's up to you!
- $50 Registration fee provides up to 200 meals for those facing hunger

### 1K Color Dash
- Color run (colored powder)
- Untimed event
- Paved course
- Individual and team registration available
- Run, walk, skip - it's up to you!
- $30 Registration fee provides up to 120 meals for those facing hunger

### Event Details (Subject to Change)

**When:** Sunday, May 7, 2023 | 12:00 p.m. - 3:00 p.m.

**Where:** The Lake House at Grand Central Park, 1039 Lake House Dr., Conroe, TX, 77304

**Who:** All ages and experience levels are encouraged to attend this family-friendly event!

**What:** Timed 5K Trail Run/Walk and untimed 1K Color Dash

**How:** Sign up at mcfoodbank.org/outrunhunger23

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00</td>
<td>Registration/Packet Pick-Up &amp; Party Pavilion Opens</td>
</tr>
<tr>
<td>12:45</td>
<td>Group Warm Up</td>
</tr>
<tr>
<td>1:00</td>
<td>5K Starts</td>
</tr>
<tr>
<td>1:45</td>
<td>1K Color Dash Starts</td>
</tr>
<tr>
<td>2:15</td>
<td>Awards</td>
</tr>
<tr>
<td>2:45</td>
<td>Color Toss to Outrun Hunger</td>
</tr>
<tr>
<td>3:00</td>
<td>Event Ends &amp; Party Pavilion Closes</td>
</tr>
</tbody>
</table>

For more info, visit mcfoodbank.org/outrunhunger23 or contact development@mcfoodbank.org or 936.271.8822
GROUP/TEAM SIGN UP INFORMATION

HOW TO JOIN A TEAM DURING REGISTRATION

1. Navigate to the Race Page of the race
2. Click Sign Up to begin the registration process
3. Enter in all participant information
4. Select your event
5. Answer "Yes" for the question "Would you like to join a Team?"

Choose Your Event(s)*

- **5K**
  - $42.00 + $3.00 Sign Up Fee
  - Special Pricing
  - To create or join a team click the Join Team link to your right

- **1 Mile**
  - $42.00 + $3.00 Sign Up Fee
  - Special Pricing
  - To create or join a team click the Join Team link to your right

6. Click Continue
7. Select the team you would like to join from the drop down menu
8. If password is required, enter in the password

Montgomery County Food Bank
Uniting the community to fight hunger
GROUP/TEAM SIGN UP INFORMATION

HOW TO JOIN A TEAM AFTER REGISTRATION

1. Sign In to RunSignUp
2. Go to your Profile
3. Navigate to Upcoming Events.
4. Click Manage Registration next to the registration you would like to add to a team
5. Click Team on the top navigation bar
6. From the pop-up select Join Existing Group/Team
7. Either select a Team from the dropdown or Search Teams
8. Click Continue

Montgomery County Foodbank
Uniting the community to fight hunger