

Montgomery  
County  
foodbank

# *OUTRUN* HUNGER

5K TRAIL RUN & 1K COLOR DASH

TEAM SIGN UP INFORMATION



# ABOUT *OUTRUN* HUNGER

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**. 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 music, photo ops, a kids zone and more. We encourage all participants to set up a fundraiser at [mcfoodbank.org/outrunhunger24](https://mcfoodbank.org/outrunhunger24) to make your impact go even further. **Every \$1 raised provides up to 4 meals**. Let's make a colorful dash 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:** Saturday, June 8, 2024 | 8:00 a.m. - 11:00 a.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/outrunhunger24](https://mcfoodbank.org/outrunhunger24)

**8:00 A.M.** Registration/Package Pick-Up & Party Pavilion Opens

**8:45 A.M.** Group Warm Up

**9:00 A.M.** 5K Starts

**10:00 A.M.** 1K Color Dash Starts

**10:30 A.M.** Awards

**11:00 A.M.** Event Ends & Party Pavilion Closes



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SCAN ME



# 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 SignUp Fee ⓘ  
Special Pricing

To Create or join a team click the Join Team link to your right

1 Mile \$42.00 + \$3.00 SignUp Fee ⓘ  
Special Pricing

To Create or join a team click the Join Team link to your right

+ Add Another Registrant

Would you like to join a Team? 

Yes  No

- 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

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# 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

RUN HOME MY REGISTRATION SIGN WAIVER FUNDRAISER **GROUP/TEAM** REFUND POLICY

- 6 From the pop-up select Join Existing Team
- 7 Either select a Team from the dropdown or Search Teams
- 8 Click Continue

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