

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 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

IK 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

8:00 A.M. Registration/Packet 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







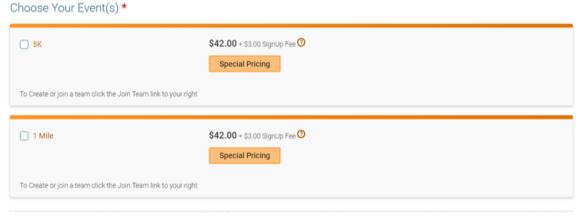
Uniting the community to fight hunger

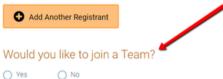


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HOW TO JOIN A TEAM DURING REGISTRATION

- Navigate to the <u>Race Page</u> of the race
- Click <u>Sign Up</u> to begin the registration process
- **6** Enter in all participant information
- Select your event
- Answer "Yes" for the question "Would you like to join a Team?"





- 6 Click Continue
- Select the team you would like to join from the drop down menu
- if password is required, enter in the password



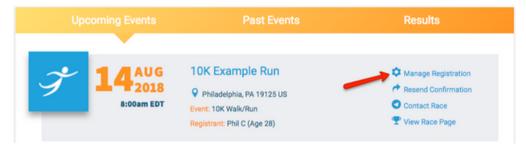
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TEAM SIGN UP INFORMATION

HOW TO JOIN A TEAM AFTER REGISTRATION

- Sign In to RunSignUp
- Go to your Profile
- Navigate to Upcoming Events.
- Click Manage Registration next to the registration you would like to add to a team



Click Team on the top navigation bar





Tither select a Team from the dropdown or Search Teams

Click Continue



