



New Sterling's Mission work

All proceeds benefit the Mission programs of the New Sterling ARP Church. In our mission work, we seek to share our Lord's love and care to those in need locally, nationally and internationally.

Angel House,
Stony Point, NC

Biloxi, MS



Belmopan, Belize, C A



Agencies We Support

Iredell-Statesville Bible Teacher Assoc.
5th Street Ministries
The Pregnancy Resource Center
Dove House
Christian Ministries of Statesville
Yadkin Valley Baptist Assoc.

Your participation will allow us
to reach out in many ways
and in many places.

Thank You!

There is something for everyone at New Sterling's "Run with the Cows,"

This event features a beautiful scenic course through western Iredell County where some have said, "There are more cows than people."

Bring the whole family to enjoy
the fresh air!

We invite you to come and be a part of our
vibrant, growing community!

The courses lie on moderately rolling asphalt streets (w/ 3/10 mile on solid base gravel) that offers quiet, refreshing rural scenery.

If you register for runs, but are unable to do so, you can still pick up your t-shirt at packet pick-up.

Food and drinks will be available for purchase with juice, water and fruit provided. Various vendors will be here with their merchandise as well.



All proceeds go to the
Mission Fund of New
Sterling ARP Church.
Help us help others!

Race Time

7:30 am – Pick up Packets

7:30 - 8:45 – Registration

9:00 – 5K, 10K Start

9:15 – Fun Run/Walk (2 miles) Start

Awards Ceremony to Follow

Entry Fees

Pre-Registration until Sept 10

5K - \$20

10K - \$25

Fun Run/Walk - \$15

Plus \$5 day of the race

Entry Fees Include:

- Long Sleeve T-shirt
- Aid Stations
- Race Markers
- Post-Race Festivities

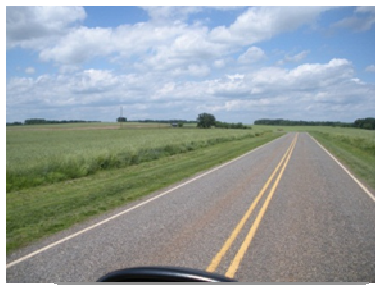
Awards

1st Overall M/F, 5K & 10K;

1st Overall Masters M/F, 5K & 10K.

5K & 10K top 2 in the following age groups:

12 & Under	40-49
13-15	50-59
16-19	60-69
20-29	70+
30-39	



This is our second annual event in scenic West Iredell County. Beautiful, rolling courses that follows acres of peaceful fields with plenty of cows to cheer you on. Some may even join you for a part of the run, on their side of the fence of course.



Plenty of amenities and cheerful volunteers are sure to make this an annual must-do event. We hope to see you here.

To Register:

On the web:

runwiththecows.newsterlingarp.org

Or

Complete the Registration Form, remove from brochure and mail to:

Run with the Cows
New Sterling ARP Church
580 New Sterling Rd
Stony Point, NC 28678

Please do not forget to sign the waiver!

The race is a GO in the rain!

However, if it is unsafe to run/walk, the race director reserves the right to cancel the event.

Registration

Event (choose)

_____ 5 K _____ 10 K _____ Fun Walk/Run

First Name _____

Last _____

Address _____

Date of Birth _____ Gender ___ F ___ M

Age ____ Phone _____

T-shirt size

Adult ___ S ___ M ___ L ___ XL ___ 2XL

Youth ___ M ___ L

(Registrations received before Sept 10 receive a long sleeved t-shirt)

WAIVER: I fully understand that running a road or trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained to safely complete the event for which I am submitting this entry form and fee. I agree to abide by any decision of a race official relative to my ability to safely complete this run within the designated time limit. I further agree to surrender my race bib to any race official if directed to do so for any reason. I assume all risks associated with participating in this race, including, but not limited to: falls; contact with other participants; runners; bikers; horses and other animals; the effects of weather, including heat, cold, or precipitation; vehicular traffic; the condition of the roads and/or trails; all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself, for anyone entitled to act on my behalf, and anyone for whom I am entitled to act waive, release, and hold harmless New Sterling ARP Church, all other sponsors and property owners, Lee Timing LLC, and all the agents, employees, officers, directors, and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this event. I also understand that baby joggers or strollers, roller skates, and pets are not allowed on the course at any time during this event.

Signed (Parent if under 18)

Date: _____