

PACK THE PANTRY

4-MILE RELAY RACE



Saturday, August 12

Grace Baptist Church, 340 Oak Leaf Ln
Somerset, KY 42503

Team up with a friend to run this 4-mile relay. Each runner will run 2 miles to record a combined time. **Pre-register online at www.goodtimesraces.com or www.gbcsomerset.com/packthepantry.** To be guaranteed a t-shirt, participants must be pre-registered by Aug 5 (mailed registrations must be received by Aug 4). Late registration will be available on Friday, Aug 11 from 5:00pm-7:00pm at Grace Baptist Church. **Race day registration & packet pick-up begins at 7:00am at Grace Baptist Church. The race will begin at 8:00am.**

The proceeds from this race will be given to help God's Food Pantry in Somerset, Kentucky. Let's pack the pantry and help those in need!

Registration Information

- \$20/person if registered by Aug 5
- \$25 on race day
- T-shirts are guaranteed only to those who pre-register by Aug 5

Awards

- Awards given to the top 2 overall men's, women's, & coed teams.
- Awards given to the top relay team in each division (Overall, Male, Female, Coed) and age group.
- No awards for individual racers.

Relay Team Divisions

(Divisions are determined by the
AVERAGE AGE of the two runners.)

9-11	36-40
12-13	41-45
14-16	46-50
17-20	51-55
21-25	56-60
26-30	61-65
31-35	66+

Free Kid's Fun Run

- .5 mile run at 8:05am
- \$10 for a shirt (shirts are first come, first serve for fun run)

Journey to Fitness Scoring

Individual times will be recorded for the Journey to Fitness Race Series season standings using the race series age groups.

Register as an individual or with your relay teammate below.

Return with a check payable to Grace Baptist Church, 340 Oak Leaf Lane, Somerset, KY 42503 (note "Pack the Pantry" on the check).

Runner One: _____ **Age as of 12/31/17:** _____

Address: _____ **City, State, Zip:** _____

Phone: (____) ____-____ **Email:** _____

Gender: Male Female **Shirt Size (unisex):** YM YL S M L XL XXL

Circle One: Racing Alone Racing w/ Partner (\$20 single, \$40 team if pre-registering; \$25/\$50 on race day)

Runner Two: _____ **Age as of 12/31/17:** _____

Address: _____ **City, State, Zip:** _____

Phone: (____) ____-____ **Email:** _____

Gender: Male Female **Shirt Size (unisex):** YM YL S M L XL XXL

In consideration of my entry in the Pack the Pantry 4-Mile Relay, I am intending to be legally bound for myself, my heirs, executors and administrators, and do hereby WAIVE, RELEASE, AND DISCHARGE Grace Baptist Church, LCRH Journey to Fitness committee and sponsors, Good Times Event Services, RunSignup.com, LLC organizers, event directors, volunteers and sponsors; as well as their respective agents, parent subsidiaries, affiliates, successors and assigns; for ANY and ALL liability, all claims, and damages, demands, actions whatsoever in any manner arising or growing out of my participation in this event. I also understand and agree that the event may subsequently use for publicity and/or promotional purposes my name, photographs, video or other records of me participating in this event without liability or obligation to me. I certify as a material condition to my being permitted to enter this race that I am physically fit and have sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor. REFUND: I also agree that my entry fees, once paid, are non-refundable. By submitting this entry, I (or a parent/guardian for children under 18 years) acknowledge having read and agreed to the above waiver, certifying compliance by my signature.

Runner One Signature _____ **Runner Two Signature** _____

Parent/Guardian (if under 18) _____ **Parent/Guardian (if under 18)** _____