

Strong Soles 5K, Walk & Dash

STRONG SOLES



Join the Wesley Shelter in celebrating 33 years of helping, healing and cultivating strong souls for Wilson County families.

Join in the fun! This year we have a timed 5K, 1 mile walk, and of course the Men's Pump-It-Up 30 yard High Heel Dash.

For more information or to register:
www.wesleyshelter.org

Schedule of Events

Friday, April 8

4:00- 7:00 PM Race Pack-It Pick Up

Omega Sports

3401 Raleigh Rd. Pkwy W #2E

Wilson, NC

You do not need to check in on race day if you pick up your chip on Friday night.

Saturday, April 9

Paul Berry Park

(Moss & Kenan)

8:00 AM – Check-In/Package pick up

9:00 AM – 5K Start

9:15 AM – 1 Mile Walk Start

10:15 AM – High Heel Dash

Celebration & Auction

Saturday Evening

Celebration and Auction

7:00 – 10:00 PM

126 on Nash Event Center

126 Nash St.

Wilson, NC 27893

Tickets are \$10 per person and include 2 drinks & food. Tickets can be purchased by sending a check to and noting in the memo – Celebration & Auction:

WESLEY SHELTER, Inc. PO Box 1426
Wilson, NC 27894

REGISTRATION FORM

WESLEY SHELTER'S STRONG SOLES 5K and Fun Walk

PLEASE PRINT

NAME: _____

ADDRESS: _____

CITY: _____

ZIP: _____

EMAIL: _____

PHONE: _____

T-SHIRT SIZE

SMALL

MEDIUM

LARGE

XL

2XL

I'M SIGNING UP FOR:

5K (\$25)

1 Mile FUN WALK (\$15)

BIRTHDATE: _____

AGE ON RACE DAY: _____

Please sign, detach and mail with check to: **WESLEY SHELTER, Inc.** PO Box 1426
Wilson, NC 27894. You will be contacted via email with more details.

I know that running a road race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I understand that attempts will be made to control traffic but I am ultimately responsible for my own safety. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Wesley Shelter, Inc. those working on their behalf, volunteers, all city, county, and state governments, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

NAME: _____ DATE: _____