

ROCK MINISTRIES OF PHILADELPHIA

Rock Ministries serves in the Kensington neighborhood of Philadelphia, one of the poorest and most distressed communities in America. Our mission is to share the Gospel of Jesus Christ with those for whom crime, drugs and poverty are daily realities. Our youth sports and education program has welcomed over 7,000 young people. We have touched many thousands of others through a variety of social, recreational and outreach activities. All assistance is offered with the Gospel, which we firmly believe breaks every chain a person may experience.

We have been amazed at God's faithfulness as He demonstrates His great love for this vulnerable community.

PROCEEDS AND DONATIONS

Proceeds will be used for the installation of a commercial kitchen on our premises. The Rock feeds thousands of our Kensington neighbors each year at our various outreaches. These include the homeless and severely impoverished, many of whom are dependent upon free food services. Our goal is to expand our ability to provide meals as another important way to reach our mission field for Christ.

PLEDGES

Make your participation count more by collecting pledges or donations.

Pledge forms can be downloaded at www.RockMinistry.us/Race

Thank you for blessing the inner city mission field.



THE FIRST ANNUAL 5K ROCK RUN



BENEFITING

**ROCK
MINISTRIES
OF
PHILADELPHIA**

SATURDAY, JUNE 4, 2016

**1815 CLEARFIELD STREET,
PHILADELPHIA, PA 19134**

RACE STARTS 8:30 AM

Professionally Timed • Awards • T-shirts
Food • Music • Fun

Proceeds benefit Rock Ministries of Philadelphia.
www.RockMinistry.us

EVENT LOCATION

1815 E. Clearfield and Ruth Streets
Philadelphia, PA 19134

RACE DATE & START TIME

Saturday, June 4, 2016 *(Rain or Shine)*
Race Day Registration 7 - 8:00 am
Race Start Time 8:30 am



ENTRY FEES

Pre-Registration for 5K Run or 1 Mile Walk

\$25 per person until May 1st
\$30 per person until June 3rd

Race Day Registration for 5K Run or 1 Mile Walk

\$40 per person *(Check and Cash Only)*

COURSE

This 5K Run/1 Mile Walk will be through our Kensington neighborhood. Course is mostly flat and will have two water stations. Streets will be closed off for the race.

AWARDS

Award ceremony will start after the final runner/walker crosses the finish line. Prizes will be gift cards and Rock T-shirts.

Overall Male & Female

Top 3 Male and Female Age Group Finishers:

19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over

POST RACE PARTY

Immediately following the race, a block party celebration will be held at the Clearfield & Ruth Streets location. It will feature music, food and fun!

AMENITIES

Professional race timing by Bryn Mawr Racing Company. Racers/walkers will receive a T-shirt while supplies last.

ONLINE REGISTRATION

Register online at

<https://runsignup.com/Race/PA/Philadelphia/RockRun>

QUESTIONS

For more information, please email:

Lizzie@RockMinistry.us

www.RockMinistry.us/Race



ROCK 5K RUN OR 1 MILE WALK REGISTRATION FORM

5K Run

1 Mile Walk

Name: _____

Address: _____

City: _____

State/Zip: _____

Email: _____

DOB: _____ Age on Race Day: _____

Gender: Male Female

Please select T-shirt size: (Adult Sizes Only)

S M L XL XXL None

The following is enclosed:

Race entry fee.....\$ _____

Tax deductible donation\$ _____

Total\$ _____

Mail form & check payable to Rock Ministries to:

Rock Run Attn: Lizzie

2755 Kensington Ave, Philadelphia, PA 19134

WAIVER AND RELEASE

By indicating your acceptance, you understand, agree, warrant and covenant as follows:

I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road. I, for myself and my heirs and executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and hereby waive, release and forever discharge the event organizers, sponsors, promoters, Rock Ministries, Bryn Mawr Racing Company, and each of their agents, representatives, successors and assigns, the race committee, volunteers, and all other persons associated with the event, for my all liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event. Email addresses will not be traded or sold but may be used to promote this event or any events sponsored by Rock Ministries.

Signature: _____

(If under 18, Parent/Guardian Signature)

Date: _____