



4th Annual Poured Out Fall Back 5K Run/Walk & 1 Mile Fun Walk Sunday, November 2, 2014 New Baltimore, MI*

*See opposite side of flyer for race details

Taking water from life-threatening to life-giving

The Problem

For approximately 1/8th of the world's population, contaminated water is a daily threat to health and wellbeing. A lack of source, materials, and education in many underdeveloped countries has lead to an epidemic of life threatening diarrheal disease. Water-based diseases take the lives of a devastating 4,000 children a day across the globe. So what is to be done when that which is supposed to be a life-source is instead life-threatening?

The Solution

At Poured Out, we believe every community deserves the opportunity to access clean drinking water. In order to achieve this goal, Poured Out seeks to enable individuals to access clean water through BioSand Water Filters, educate communities in working and maintaining these units, and empower those who share our concern in providing these things. BioSand Water Filters are a basic, sustainable solution to contaminated water in underdeveloped communities, and cost little to build and install.

Poured Out Haiti

Poured Out is focused on under-reached communities across the globe who are in need of clean, safe drinking water. Currently our focus is in Haiti, where the need for water has grown exponentially since the earthquake. We are traveling throughout Haiti reaching the communities that have not yet received aid and desperately need clean water. Poured Out has been working in Haiti since June 2010 and will continue to provide means to clean water with a sense of urgency as the cholera epidemic continues to spread.

How You Can Help?

Get Informed: To learn more about the work Poured Out is doing right now, visit www.poured-out.org



Donate: For a donation of only \$100, you can provide safe drinking water for a family for 8-10 years! With your donation, Poured Out can deliver and install the filter for a family as well as provide the education necessary to maintain and use it.

Volunteer: Whether it is running a 5K to help raise money for water filters or traveling with us to install filters and educate communities, your help is needed! Email us at info@poured-out.org for more information on how you can get involved.



**4th Annual Poured Out
Fall Back 5K Run/Walk & 1 Mile Fun Walk
Information & Registration Form
(DON'T FORGET TO SET YOUR CLOCKS BACK!)**



When: Sunday, November 2nd, 2014

Time: Check in and race day registration: 1:00 p.m. -2:00 p.m., 1 Mile Fun Walk: 2:30 p.m., 5k Run/Walk starts at 3:00 p.m., 5k walkers will start 10 minutes after the start of the 5k runners

Where: Walter and Mary Burke Waterfront Park (36300 Front Street, Downtown New Baltimore, MI)

Course: Fast and Flat Blacktop roads. Winds through New Baltimore. Splits at 1 mile mark.

Age Divisions: 14 & Under, 15-19, 20-29, 30-39, 40-49, 50 -59, 60-69, 70 & Over

Awards: First overall male and female, and top three male and female in each age group for 5k run only

Additional Information:

- Family Fun Event- Bounce House, music, hotdogs, popcorn, post race refreshments, Children under the age of 10 can participate with parents for free (\$5 for T-Shirt), Strollers and wheelchairs are welcomed in 1 mile fun walk, Race is on, rain or shine!
- All proceeds go toward providing clean water to families and schools in Haiti. Visit poured-out.org for more information about our Nonprofit and the work we are doing in Haiti and the United States

REGISTRATION INFORMATION

You can Register online at runsignup.com

Make Checks payable to: Poured Out

Return this form to: Poured Out, 6601 Imlay City, Clyde, MI 48049

For more information: Call 586-713-6326 or send an email- linda@poured-out.org

Runner's Name: _____ Birth date: _____

Address: _____ City _____ State: _____ Zip _____

Telephone: _____ E-mail _____ Gender: _____ Age (on race day): _____

☐ I am interested learning more about serving on a trip with Poured Out, please send me an email on how to get involved.

Check One	Check One	Amount
5K Run/Walk	Early Registration: \$25 w/ t-shirt (Must register by October 19 th) Late/Race Day Registration: \$30 (T-shirts based on first come)	\$ _____ Circle one: Walker or Runner
1 Mile Fun Walk	Early Registration: \$15 w/t-shirt (Must register by October 19 TH) Late/Race Day Registration: \$20 (T-shirt based on first come)	\$ _____
I would like to purchase a HydrAid BioSand Filter for a family in Haiti (Provides clean water for up to ten years).	\$100	\$ _____

T-Shirt Size: S M L XL XXL

Total Amount: \$ _____

I understand that by participating in this type of sporting event, injuries may occur, including but not limited to muscle strains, sprains, bone breaks, paralysis and/or even death. I forever release Poured Out, the City of New Baltimore, North Shore Church, event sponsors, employees and volunteers from any responsibility in case of injury, illness or death to myself, son, daughter or ward while participating in this event; and give permission to seek medical attention on my/their behalf, if needed. Furthermore, I hereby give consent that any photograph or likeness of myself/child taken in connection with my/their participation in this event may be used by Poured Out for publicity and/or recognition purposes.

Participant's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

(if participant is under the age of 18)