

Webb Chapel Church of Christ Health and Wellness Ministry and Youth Ministry present...

Heart & Soul

5K and One-Mile Fun Run

Saturday — February 18, 2012

Rain or Shine!

Webb Chapel Church of Christ
13425 Webb Chapel Road
Farmers Branch, Texas 75234



NEW for 2012!!!

Electronic Timing Chips and Course Measurement

(provided by Delta View Timing)

- ◆ All races begin and end at the church building.
- ◆ All ages are encouraged to participate! *You may run or walk.*
- ◆ We will have a water station along the way, but feel free to bring your own water bottle.
- ◆ **Prepare for the race by following the exercises on webbchapelhealthandwellness.com !**

All proceeds go to the Webb Chapel Youth Fund.

Thank you for participating in this physical race and, in turn, helping the youth run their spiritual race.



7:30-8:15 am registration 8:30 am One-Mile Fun Run start time 8:35 am 5K start time
Prizes awarded at 9:30 or after all participants have completed the race, whichever comes first!

For more information, please contact Carol Haymes 214-738-0690 or Crissy Ketchersid 469-226-6897

NAME: _____

ADDRESS: _____

PHONE: _____

CIRCLE ONE: Male Female AGE ON FEBRUARY 18, 2012: _____

CIRCLE ONE: T-shirt Size: YM YL S M L XL 2X 3X

**** **Remember ... Registrations must be received by February 4th to get a T-shirt!******

CIRCLE ONE: \$25 5K Registration \$15 One-Mile Fun Run

- ☆ Please make checks payable to WCCC.
- ☆ You may turn in your completed registration and money to Crissy Ketchersid, Carol Haymes, or the church office.
- ☆ One registration form per person, but families may write one check ...
- ☆ *Or* mail to WCCC 13425 Webb Chapel Rd. Dallas, TX 75234

Release of Liability:

In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims that I may have against Webb Chapel Church of Christ or any of the other sponsors involved in the 5k or One-Mile Fun Run. I certify that I am physically able to participate in this event.

Signature of participant (or parent/guardian if participant is under 18)

Date