

16th Annual Lauren's Hope Foundation 5K/Run & Pump

October 5, 2019 Fountain Inn, SC

Lauren's Hope Foundation

P.O.Box 80081

Simpsonville, South Carolina 29680

www.LaurensHope.org

Events:

Pump and Run Check-in 7:00 am

5K 9:00 am

Entry Fee: \$30.00

Awards: 3 Overall Male & Female Finishers Medallions for:

Top Male & Female Masters (40+)

Top Male & Female (under 40)

Top 3 Male & Female in Each Age Group: Ages 10 and under, 11-20, 21-30, 31-40, 41-50, 51-60 and 61+,

Awards to Start ASAP after Race.

Sorry, No Duplication of Awards

Packet Pick-Up & Late Registration:

- Friday, 10/4/2019 5pm - 8pm

Ft. Inn First Baptist Church, Hellams & N. Weston

- RACE DAY, Saturday, 10/5/2019 6:30-8:30 AM

Ft. Inn First Baptist Church, Hellams & N. Weston

course is paved and starts at Trade Street and North Weston and Hellams.

Refreshments:

church fellowship hall.

Directions:

From I-385 take Exit #24 Fairview Street in Fountain Inn.

exit ramp & North bound turn

right from exit ramp.

Proceed to the red

light at Main St. turning

left on Main Street. Turn

right on Hellams Street

and Fountain Inn First Baptist

Church will be straight ahead.

GOOD LUCK ON

RACE DAY!!

Signature (Parent or Guardian if under 18)

Emergency Contact and Phone Number

Lauren's Hope 5K/pump n run

Register online at www.StrictlyRunning.com

TIMING: Timing Chips must be worn to be eligible to win an award.

(Chip Timing provided by Strictly Running)

Please select the following:

. 5K - \$30

. 5K Pump and Run - \$30

YS YM YL - S M L XL XXL Youth or Adult Size Shirt

Date of Birth Age on 10/05/2019

Waiver: I hereby release Lauren's Hope Foundation, all other sponsors, directors, agents

and volunteers from any and all claims of injury, illness, or damages from participation in

this event. I understand this is a strenuous activity, and I certify that I am in good

physical health is nonrefundable. I give my permission for the use of my name and picture

in any written account or broadcast of this event.