



ROCKIN' 'N' ROLLIN' WITH POLAND

SCHEDULE

7 PM: Race Day Registration / Packet Pickup

7:30 PM: Opening Program

8 PM: Fun Run Start **8:30 PM:** 5K Start

9 PM: Food & Street Party

COST

5K & Fun Run : \$15

Food will be available for purchase after the run.

Evening Glow 5K, 1K Fun Run & Street Party Friday, May 20 Messiah Lutheran Church

- A one mile Fun Run for ages 3-12 with fun prizes after each loop.
- Watch for rock n' roll characters throughout the course. You just might see Elvis!
- Street party & pizza after the races.
- The 5K is a non-timed race.

Download Registration & Sponsorship Forms:
www.messiahnetwork.org

Mail or Drop Off Registration & Fees to:
Messiah Lutheran Church
5911 South Highway 94
Weldon Spring, MO 63304
(636)926-9773

Questions? Toni Bennett: toni022@charter.net

All proceeds & sponsorships support the English-As-a-Second-Language Day Camp in Poland.

Name(s)	T-Shirt Size (YS, YM, YL S, M, L, SL)	5K or 1 K Fun Run (ages 3-12)	Cost
_____	_____	_____	\$15
_____	_____	_____	\$15
_____	_____	_____	\$15
_____	_____	_____	\$15
_____	_____	_____	\$15

No. of people registering: _____ x \$15 _____

TOTAL

Checks Payable to AIM Ministries.

Address: _____

Phone: _____ **Email:** _____

Wavier of Liability: In consideration of this entry, I, the undersigned, intending to be legally bound hereby to myself, heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Messiah Lutheran Church, AIM Ministries, and/or their representatives, successors, assignees, and all sponsors for any and all injuries suffered by me in said event.

Signature _____ **Date** _____

Guardian Signature (if Under 18) _____ **Date** _____