



MISSION CENTRAL'S
Missions In Motion
RACE **5K** WALK

Mission Central's "Missions in Motion" 5K Race / Walk

Where: Mission Central, 5 Pleasant View Dr, Mechanicsburg, PA 17050

When: **October 29th, 2016 @ 9am** (**registration begins @ 7:30am**)

Cost: **\$25** before **October 1st** / **\$30** after and day of event – free ages 5 & under

What is Mission Central?

Mission Central is the mission warehouse of the Susquehanna Conference of the United Methodist Church. Since it's beginning in 2002, Mission Central has had 3 points of focus: Disaster Response, Mission Outreach and Mission Education.

Mission Central's goal is to connect God's resources with human need. We have been able to assist people locally, nationally and globally and have provided aid to people in need for every major weather disaster since 2002.

What are the proceeds used for?

The run is being held to help with Mission Central's daily expenses. By opening our doors each day, Mission Central was able to reach 2 Million people last year alone, with 58% of our warehouse output remaining in Pennsylvania! We hope to top that number this year.

Mission Central's "Missions in Motion" 5K Race / Walk Registration Form

Name: _____

Street: _____

City: _____

State: _____ Zip: _____ Phone: _____

Sex: M F Race Day Age: _____ Date of Birth: ____ / ____ / ____

All adult runners registered before October 1st will receive a large shirt. All registered children will receive a youth large. 5 & under are free, so a shirt is not included. Shirts cannot be guaranteed for registrations after October 1st.

Additional Donation: \$_____

Email: _____

Check here if you do not wish to be added to Mission Central's email list _____

Awards given for the following age categories for both Men and Women:

13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and up

WAIVER (required for all participants) : *I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained to complete the event. I assume all risks associated with running in this race, including, but not limited to falls, contact with other participants, runners, the effects of weather, including heat or cold and precipitation, traffic and the conditions of the roads, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone for whom I am entitled to act, waive, release and will hold harmless the race organizer, all other sponsors and property owners and all the agents, employees, officers, directors and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this race.*

Signature: _____

For Online Registration: **www.missioncentral.org** (online registration provided by Pretzel City Sports, nominal service fee applies, closes at midnight, the Wednesday before race day)

OR Mail Form with payment or drop off at Mission Central: 5 Pleasant View Drive, Mechanicsburg, PA 17050. **Make checks payable to Mission Central.**

**** Please note this race will be on residential streets around Mission Central with no hills****

Families, strollers and all ages are welcome!

Questions? Email Adam Hoover, ahoover@susumc.org