

3K Race for 3K Meals



for



NCS is hosting a
non-competitive fun run
during the
**NCS vs. River Valley
home football game
October 13, 2017**

Who is FMSC?

Founded in 1987, Feed My Starving Children is a Christian nonprofit that provides nutritionally complete meals for starving, malnourished and hungry people in nearly 70 countries. The prepackaged dry meals – costing less than a quarter each to make – are funded and assembled by donor-volunteers in the United States. Our in-country partners use the food to prevent starvation and curb malnourishment in children and families worldwide.

- The 3K race, which will begin and end on the football field during half-time, is open to Junior High age and older participants. Elementary students may participate if accompanied by an adult runner.
- Runners registration fees along with funds collected from spectators will benefit, "Feed My Starving Children."
- At a cost of about 22¢ per meal, our goal is to provide nearly 3,000 meals.
- Whether you choose to race or watch, please come out and join us. Together we can cheer on a victory for both our NCS Crusaders and Feed My Starving Children!

**Sign up by October 6th
to participate!**
**Each runner will receive a
special commemorative
3K for 3K T-shirt**
(Registration form on back of flyer)

SPECIAL THANKS TO OUR TITLE SPONSOR



**ORTHODONTICS AND
PEDIATRIC DENTISTRY**

602.314.4600 | shineaz.com

3K Race for 3K Meals

October 13, 2017

Race Registration Form



for



Name _____
LAST FIRST MI

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone: _____ Cell: _____

Circle: Male Female

YOUTH T-Shirt: S M L

ADULT T-Shirt: S M L XL XXL

Race Entry Fee: \$25

Register on or before 10/6/17

Make Checks Payable to: NCS

All entry fees are non-refundable

Participant Waiver for Race Registration

I know that running a 3K race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the 3K for 3K Meals Race, the city of Phoenix, and the Northwest Christian School, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Participant's Signature _____

Date: _____

Parent's Signature if under 18 years _____

Date: _____