

# 'Go Fish' Family 5k Run/Walk & Kids 'Color Run'

**When:** Saturday, August 17, 2019

8:00am Kids ½ mile 'Color Run' (Check-In: 7:00am)

8:30-9:30am Run/Walk (Check-In: 7:00am)

8-10:30am Pancake Breakfast (Teachers will be flipping pancakes!) and

Post race party (Music, Food, Book Fair, Bouncy houses, Fun, and Prizes!)

**Who:** Everyone! Individuals AND Families! From couch

potatoes to disciplined runners...run and/or walk to support F.I.S.H Food

Pantry! Strollers welcome during 5K.

**Where:** The run/walk begins at the Fox River Trail near Immanuel Lutheran Church;

the Kids Color Run/Post race party/Breakfast will be held on school

grounds. Rain or shine.

**Why:** All proceeds from the race will benefit the F.I.S.H. Food Pantry, a

volunteer-run organization which provides food/necessities to over 6,000 families per year in the Dundee area. Come out

and help others while benefiting your own health and exercising with family and friends!

**Cost:** \$25-individual (includes a T-shirt)/\$50-family (includes two T-shirts; additional shirts are \$10

each). Kids Color Run is \$10 with 5K Family registration; \$15 without 5K registration. Same day registration is available

(Ends 8am). Bag pick-up available at church: Thursday, 8/15 7-8pm; Friday 8/16, 3:00-4:30pm.



Please return the slip below, along with payment, **no later than Wednesday, July 31st** (to guarantee a T-shirt) to the box outside the church office, school mail slot or send to: Immanuel Lutheran Church—5K, 310 E. Main, East Dundee, IL 60118

See you at the starting line!

➤ *Please bring a bar of soap, toothbrush or shampoo/conditioner on race day to donate to F.I.S.H pantry. Thank you!*

**Please Check One:**

\_\_\_\_\_ Individual (\$25; includes one Color 5K tshirt)

\_\_\_\_\_ Family (\$50; includes two Color 5K tshirts; \$10 for each additional shirt)

\_\_\_\_\_ Kids 'Color Run' with 5K Family Registration (\$10; Includes White 5K shirt—please specify if you want color shirt)

\_\_\_\_\_ Kids 'Color Run'—No 5K Family Registration (\$15; Includes White 5K shirt)

→→**NEW THIS YEAR—Kids participating in both the Kids' Color run and 5K get a special prize!!**

**Shirt Sizes Available:** Youth(Y): XS S M L Adult(A): S M L XL 2XL 3XL 4XL 5XL

Name(s) of Participant(s)	Gender	Age	Shirt Size	Kids Color Run? (Y/N)	Add'l Cost (if applicable)
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

**Total Amount Enclosed:** \_\_\_\_\_

\*\*\*Checks payable to Immanuel Lutheran Church with '5K' in memo line.

☪ **I can't participate but would like to donate to F.I.S.H. Pantry:** \_\_\_\_\_

☪ **I can't participate but would like to volunteer at the race:** Contact Sarah (sschiltz20@yahoo.com)

**REQUIRED:** Phone number: \_\_\_\_\_ Emergency Contact/#: \_\_\_\_\_

E-mail address: \_\_\_\_\_