

Register online
at www.active.com and visit
here for course map & more



Packet Pick Up
The Trak Shak (Homewood)
July 13th 11:00am – 5:00pm



Please join us for the 3rd annual
MOVE YOUR FEET, MOVE THE WORLD
5K & 1 Mile Run/Walk Benefitting Worldwide Missions
“Let us run with perseverance the race marked out for us...” Hebrews 12:1

WHEN: SATURDAY, JULY 14th

7:00 Open Registration

8:00 5K begins

9:00 1-Mile Fun Run begins

Door prizes & awards to follow

WHERE: FLINT HILL BAPTIST CHURCH

1630 Powder Plant Road

Bessemer, AL 35022

Start/finish line and activities located here

Visit www.flinthill.net for directions

REGISTRATION FEES:

\$20 Early registration (5K and 1 mile)

\$25 beginning July 8th through race day

Name _____ Age _____ ☐ Male ☐ Female

Email _____ Phone _____

T-Shirt Size ☐ SM ☐ MED ☐ LG ☐ XL

RELEASE WAIVER:

I know that running a road race is a potentially hazardous activity. I should not enter and run the **Move your Feet, Move the World 5K or 1 Mile** unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all rights associated with running in the event including but not limited to falls, contact with other participants, the effects of the weather including high heat and/or humidity, traffic, and conditions of the road. All such risks are 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 entitled to act on my behalf, waive and release Flint Hill Baptist Church, the city of Bessemer, and all sponsors, their representatives, and successors from all claims or liability of any kind arising out of my participation. I understand that the entry fee is non-refundable and non-transferable. I have read the entry information provided for the event and certify my compliance by signature below. This is a Release of Liability Waiver.

Signed by (Guardian signature if under 18)

Date

Amount enclosed: \$ _____

Please mail entry form and check (payable to *Flint Hill Baptist Church*) to the address listed above **no later than July 8th**. Or stop by the church office at anytime to drop it off. All proceeds will go towards worldwide missions efforts in China. Thank you for your support!

Questions? Visit www.flinthill.net or email MoveYourFeet5K@gmail.com

TROPHIES: 1st 2nd & 3rd
Overall male, female, masters

MEDALS: 1st 2nd & 3rd
Male & female winners in
each 5-yr age group division