



LCS

EMERGENCY FOOD, HOUSING AND MORE

Help Us Fight Hunger With
Food for Low Income Families at the
19th Annual

HUNGER WALK RUN 5K

Register
by 9/16 - \$15

Day of event -
\$15 Youth & \$20 Adults

FREE T-shirts & registration
Youth who raise \$25
Adults who raise \$50

ROCKFORD PARK
SATURDAY, SEPTEMBER 18, 2010

Registration at 8:00 a.m.

All Events Start Simultaneously - 9:00 a.m.

Or...

**WALK AND
TALK
IN THE PARK**

NEW OPTION - SHADED
1 MILE COURSE
ENTIRELY INSIDE
ROCKFORD PARK

Plus...

**18 & Under
Competitive**

5K

Free T-Shirts
Medals & Drawings

*Special Food Drive
Bring Cans & Packages!*

MAJOR SPONSORS



SUPPORTERS & CONTRIBUTORS

AdHelp, Bill Lindsey Studio, Theatre N,

Cool Prizes!
Gift Certificates! Drawings!
Free Refreshments!

Get Sponsorships and Fight Hunger

100% of funds raised goes to LCS food distribution at 13 separate sites.

Make checks payable to LCS. Contributions and sponsorships are tax deductible. LCS will provide receipts upon request.

Sponsor	Address	Amount Contributed	Receipt Requested
TOTAL AMOUNT COLLECTED \$			

If you collect additional sponsorships after you register, bring them on the day of the event and they will be added to your total.

Thank You For Your Support

REGISTRATION

NAME _____ Church/Team/School _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

Email _____

MC/Visa # _____

Exp. date _____ Amt.\$ _____

In consideration of this entry being accepted, I, intending to be legally bound, hereby for myself, my heirs, my executors, administrators, waive & release any & all rights I may have against Lutheran Community Services, their agents, representatives, sponsors, successors & assigns for any & all injuries suffered in connection with said event.

Signature (participants or parent/guardian if under 18)

LUTHERAN COMMUNITY SERVICES
1304 N. Rodney St., Wilmington, DE 19806
Call 654-8886 x 100 or email info@lcsde.org
download form from www.lcsde.org



18 or under
 Over 18
 5k Walk Run
 1 Mile Walk and Talk
 18 & Under Competitive 5K
 Thrivent Member

For Office Use Only

T-shirt