

## NEED MORE INFORMATION?

Contact:

Tammy Allen (336)590-6034

Rev. Richard Moore (336)425-5610

E-mail: [runforgrace1@gmail.com](mailto:runforgrace1@gmail.com)

[www.workshopofdavidson.org](http://www.workshopofdavidson.org)

## HOW TO REGISTER:

Pre-register online at

<https://runsignup.com/race/nc/lexington/runforgrace5k>

or by completing and returning this form with payment.

On-site registration/day of race from 6:30 am to 7:30 am

## REGISTRATION FORM

Mail Registration and Checks Payable to:

Pilgrim Reformed Church

797 Pilgrim Church Road, Lexington, NC 27295

First \_\_\_\_\_ MI \_\_\_\_\_ Last \_\_\_\_\_ Birthday \_\_\_\_\_ Sex M F

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age Race Day \_\_\_\_\_ Email Address \_\_\_\_\_ Cell Phone # \_\_\_\_\_

Alternate Phone # \_\_\_\_\_ Emergency Contact Name \_\_\_\_\_

Emergency Phone # \_\_\_\_\_ I am enclosing \$ \_\_\_\_\_

Registration Fees:  19 yrs. & over \$30.00 /  18 yrs. & under \$ 25.00

Make checks payable to Pilgrim Reformed Church

Adult T- Shirt Sizes: S M L XL XXL

T-Shirts are guaranteed, if registered by April 28, 2023

Waiver: As an entrant in the Run for Grace 5k, I assume complete responsibility for injury to me or damage to property which may occur during the event or while I am on the premises of the event. I hereby release and hold Pilgrim Reformed Church, Clockwork Race Timing, volunteers, sponsors, and all other persons or groups associated with the event from any and all liability associated with this event or otherwise. Children under the age of 13 must be accompanied by an adult. I grant permission for any and all of the foregoing to use any photographs, videotapes, or recordings or any other record of the event for any purpose whatsoever.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parents Signature if child under 13 \_\_\_\_\_ Date \_\_\_\_\_

2023

Pilgrim Reformed Church

*RUN FOR GRACE 5K*



“Let us run with endurance the race God has set before us.”

Hebrews 12:1

## TO BENEFIT THE WORKSHOP OF DAVIDSON

Join us for the 7th Annual Run/Walk for Grace 5k  
to benefit the Workshop of Davidson in Lexington, NC

**May 13, 2023**

Run starts at 8:00 am at Pilgrim Reformed Church  
797 Pilgrim Church Road, Lexington, NC 27295

Entry Fee:  19 yrs. & over \$30.00 /  18 yrs. & under \$ 25.00

On-site/day of registration begins at 6:30 am – 7:30 am

View <https://runsignup.com/race/nc/lexington/runforgrace5k>  
for updates!

Race timed by Clockwork Race Timing

T-Shirts are guaranteed if registered by April 28, 2023

Awards: Overall male and female

Age group: First 3 male and female finishers in each age category  
receive awards.

## Frequently Asked Questions

**Are walkers allowed?** Yes, run, walk, skip, or jog! It's all good!!

**Will there be a rain date?** No, the run will take place rain or shine. The event could be delayed due to lightning or other conditions.

**When will the race begin?** 8:00 am

**Is the race "chip" timed?** Yes, Clockwork Race Timing will provide the timing system, chips and bibs for this event.

**What is Packet Pickup?** This is where you pick up all your gear. We definitely recommend going to Pre-Race Packet Pick Up so you'll be ready to run the morning of the event.

**When and where is the Pre-Race Packet Pick Up?** Friday, May 12, 2023 from 5 pm to 7 pm at Pilgrim Reformed Church/Fellowship Hall – 797 Pilgrim Church Road, Lexington, NC 27295.

**Can I pick up someone else's packet?** Yes

**Can I transfer my registration?** No

**Are there refunds?** No, so please make sure you have cleared your schedule before registering.

**Do I need to sign a waiver?** Yes, all participants must sign a waiver.

**Can I run with my iPod/MP3?** Ideally not. We don't think ipods, earbuds, headsets are a good idea though it's the participant's responsibility to make sure that they do not impair their ability to hear, see, sense, and detect present or potential hazards and dangers.

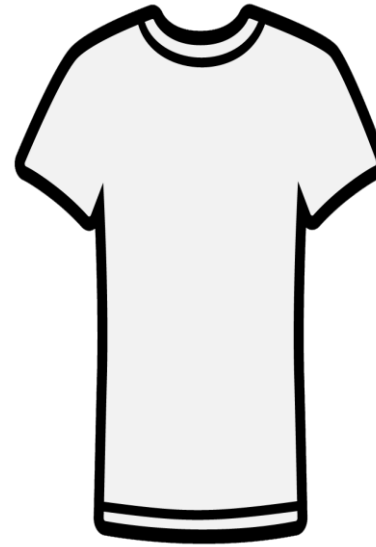
**What is the price for preschool children?** Preschool children are free with paying adult.

**Can children run by themselves?** Children under age 13 must be accompanied/supervised by an adult.

**Can I participate with a stroller?** Strollers are welcome but would need to start behind the walkers/runners.

**Is there an age limit?** There is no age limit. Make sure you are healthy and fit enough to run. If you have health problems or concerns, please consult your physician before participating in a 5k.

**Do you need volunteers?** Yes, if you would like to volunteer send an email to [runforgrace1@gmail.com](mailto:runforgrace1@gmail.com).



### Awards

Awards will be presented to the overall male and female finishers as well as the first 3 male and female finishers in each age category:

1 - 14  
15 - 19  
20 - 29  
30 - 39  
40 - 49  
50 - 59  
60 - 69  
70 +

**Race begins at 8:00 a.m.**

On-site Registration begins at 6:30 a.m. and ends at 7:30 a.m.

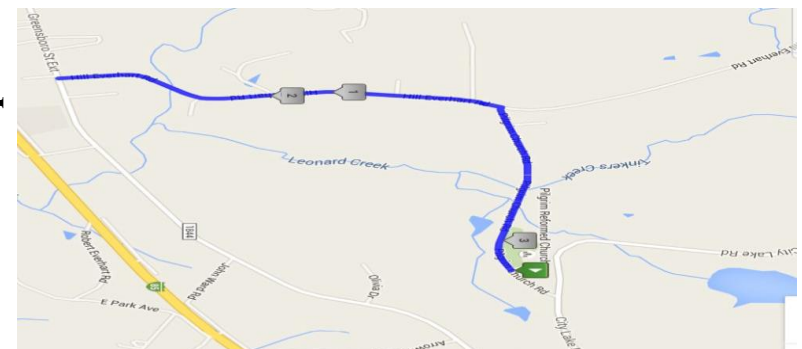
### Pre-Race Packet Pickup

May 12th - 5:00 p.m. to 7:00 p.m. at Pilgrim Reformed Church Fellowship Hall.

**Water stations will be set-up along the race route.**

**Light refreshments will be available after the race.**

**Course Map**



**Run/ Walk begins and ends at Pilgrim Reformed Church**