

SURRY MEDICAL MINISTRIES

Surry Medical Ministries is a local, private, non-profit agency that was started in 1993 by a group of medical professionals to address the primary care needs of people in our community who do not have health insurance nor qualify for government medical assistance. Since the doors opened 20 years ago, on Tuesday nights, volunteer doctors, dentist, pharmacists, nurses and clerical staff work to provide almost \$20,000 worth of services. During each of the roughly 4 hours that the clinic is open per week, these professionals serve a standing room only crowd of our neighbors on a first come-first serve basis.

With your help, last year the **5th Annual Color Your Heart 5K Glow Walk/Run** was a huge success. Our mission this year is to surpass \$10,000 to help additional community members receive basic medical care.

Come out and have a great time while supporting **Surry Medical Ministries**.

GLOW RUN



SEND COMPLETED REGISTRATION FORMS TO:

Surry Medical Ministries

148 Brenda Drive

Mount Airy, NC 27030

Register online @ www.itsyourrace.com

Or

Email to: beckyparries@gmail.com



MOUNT AIRY, NC 03.16.19



MOUNT AIRY, NC 03.16.19



6th Annual
**COLOR YOUR HEART
GLOW WALK/RUN**
To Benefit
Surry Medical Ministries

5K WALK/RUN

03.16.19

**Kid's Fun Run
7:15 PM
Glow Walk/Run
7:30 PM**

For More Information

Contact Becky Parries

beckyparries@gmail.com

MOUNT AIRY, NC 03.16.19



2019 COLOR YOUR HEART 5K GLOW WALK/RUN

March 16, 2019

Kid's Fun Run 7:15 PM

5K Walk/Run 7:30 PM

GPS Address:

350 Riverside Drive
Mount Airy, NC 27030

Early Packet Pick Up:

Packets may be picked up at
Reeves Community Center
113 S. Renfro St, Mt. Airy, NC 27030
(Downstairs)
NOON-8:00 PM
March 15, 2019

Race Day Registration:

6:00-7:00 PM

Registration Fees

(Fees are Non-Refundable)

Applicants registered by March 3rd
are guaranteed an event t-shirt.

SEND COMPLETED REGISTRATION FORMS TO:

Surry Medical Ministries

148 Brenda Drive

Mount Airy, NC 27030

Register online @ www.itsyourrace.com

Or

Email to: beckyparries@gmail.com



RACE AWARDS

Official Chip Timing Provided By:



Custom Medals for each age division
award winners: 1st, 2nd, 3rd

Age Divisions: 13 & Under, 14-19, 20-29,
30-39, 40-49, 50-59, 60-69, 70-over

Awards Immediately following race

REGISTRATION FORM

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Emergency Contact #: _____

Date of Birth: _____

Gender: Male _____ Female _____

Team Name: _____

WAIVER

I attest that I am medically able and properly trained for the event and agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume the risk associated with running in this event, including but not limited to falls, contact w/other participants, effects of the weather, and the condition of the greenway. I release Surry Medical Ministries, Mount Airy Parks and Rec, the City of Mount Airy, race organizers, volunteers, and sponsors from all claims or liabilities of any kind resulting from my participation in this event. I grant permission to all foregoing to use any photographs on social media. No refunds in the event of inclement weather.

- 5K Adult by 3/3/19 \$25.00
- Adult 3/4-3/16/19 \$35.00
- Youth Registration by 3/3/19 \$20.00 (Under 18)
- Youth Registration 3/4-3/16/19 \$25.00
- Kids Fun Run FREE with registration. Youth t-shirts are available for purchase for \$10 during sign-up. Additional shirts will not be available for purchase after March 3rd.

PLEASE CIRCLE SIZE FOR LONG SLEEVE T-SHIRT:

Adult:	S	M	L	XL	XXL
Youth	S	M	L	XL	