

MISSIONS BENEFITS

The proceeds this year will support CARITAS and Micah Initiative. Both organizations are supported by all three churches.

Additionally on the day of the event, all participants are encouraged to bring a jar of peanut butter or a can of tuna fish in support of the FeedMore Central Virginia Food Bank.

For more information about our supported missions, please visit their websites:

- www.caritasva.org
- www.micahrva.org
- www.feedmore.org

MORE INFORMATION

- trinityumc.net/events/5k
- www.rrcb.org/mission5k
- www.thirdrva.org
- footprint5k@gmail.com
- 804-288-6057, box 326

SPONSORS

We are accepting sponsors. If you would like to participate as a corporate sponsor, donate a gift for all of the participants, or donate a post-race food item, please contact Bill Pike at 804-288-6056 ext. 211 or bpiketrinityumc.net.

“...and let us run with perseverance the race that is set before us...” (Hebrews 12:1)



@footprint5k
Follow us on Twitter!



Third
CHURCH



RIVER ROAD CHURCH
BAPTIST

+ thoughtful faith +

Third Church;
River Road Church, Baptist; &
Trinity United Methodist Church
Present the Sixth Annual



Mission Footprint
5K



&
Kids
Fun
Run

Saturday, September 10, 2016
Kids Fun Run - 7:30 AM
5K Run/Walk - 8:00 AM

Race begins at
Trinity United Methodist Church
903 Forest Ave.
Henrico, VA 23229

RACE INFORMATION

Trinity United Methodist Church; River Road Church, Baptist; and Third Church are sponsoring the Sixth Annual Mission Footprint 5K & Kids Fun Run.

This race begins and ends at Trinity UMC and winds through the beautiful surrounding neighborhoods.

A Kids Fun Run takes place prior to the 5K Run/Walk.

REGISTRATION & CONTRIBUTIONS

To register or to donate, please visit one of the church websites below:

- trinityumc.net/events/5k
- www.rrcb.org/mission5k
- www.thirdrva.org

Online registration closes at 11:59PM on Wednesday, September 7.

There are paper forms available in either Church Office. Please make your check out to "Trinity UMC" and send it to:

Trinity United Methodist Church
903 Forest Ave.
Henrico, VA 23229

[There is an additional fee for paper registration.]

FEES FOR 5K

- Kids Fun Run - \$5
- 5K Online Registration - \$25
- 5K Late (After 9/7) or Paper Registrations - \$30
- Family Max - \$60

Entry fees are non-refundable.

Register early!

T-shirts are guaranteed to people who register prior to 11:59PM on August 22. T-shirts will be available to other registrants while supplies last.

PICK UP & LATE REGISTRATION

Packet pick-up will be at Trinity UMC on Friday, September 9 from 4:30-7:00 p.m. or Saturday morning prior to the race.

- Race day registration will begin at 6:30 a.m.
- Kids Fun Run registration cutoff will be 7:00 a.m.
- 5K registration cutoff will be 7:30 a.m.

AWARDS

Awards will be given to the top three overall male and female finishers. Ribbons will be awarded to the top three males and females in each age group.

REFRESHMENTS

Water and refreshments will be available halfway and at the end.

COURSE MAP

The course map can be found online:

- <http://goo.gl/ltVePW>



DIRECTIONS

From I-64:

- Take Glenside Drive South Exit
- Turn right at the first stoplight onto Forest Avenue.
- Cross Skipwith Road, Three Chopt Road, and Patterson Avenue - the church will be on your left.
- Go past the church and turn left on Rock Creek Road - follow signs to park in the second parking lot on the left.