

The courses lie in the gently rolling hills of west Iredell County on asphalt streets that offers quiet, refreshing rural scenery.

Juice, water and fruit provided for the runners.

New Sterling's Mission work

All proceeds benefit the Mission programs of New Sterling ARP Church. In our mission work, we seek to share our Lord's love and care to those in need locally, nationally and internationally.

We've Been To:

- The Appalachian Region;
- Troutville, VA; Harlan, KY
- Biloxi, MS; Braxton County, WV
- Belize, CA; Yucatan, MX

Local Agencies We Support

- Iredell-Statesville Bible Teacher Assoc.
- 5th Street Ministries, Dove House
- Gordon Hospice House
- The Pregnancy Resource Center
- Iredell Christian Ministries
- Power Cross Ministries
- Good News clubs

Your participation will allow us to reach out in many ways and in many places.

Thank You!

New Sterling's
Run with the Cows
Fun Run, 5K & 10K
October 21, 2017

Join Us for the Fun

All proceeds go to the
 Mission Fund of
 New Sterling ARP
 Church

Be a part of
 helping others!

Oct 20, Friday Eve before Race

Packet Pickup – 6-8 pm at the church

Oct 21, Race Day

7:30 am – Pick up Packets

7:30 - 8:45 – Registration

9:00 – 5K, 10K Start

9:10 – Fun Run/Walk (2 miles) Start

Awards Ceremony to Follow

Entry Fees

Pre-Registration until **Oct 12**

Fun Run/Walk - \$20

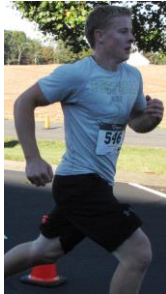
5K - \$25

10K - \$30

Plus \$5 after pre-registration date

Entry Fees Include:

- Long Sleeve T-shirt (before registration deadline, if desired)
- Packet with other race notifications and treats
- Aid Stations
- Race Markers



Awards

1st Overall M/F, 5K & 10K;

1st Overall Masters M/F, 5K & 10K.

5K & 10K top 3 in the following age groups:

12 & Under	40-49
13-15	50-59
16-19	60-69
20-29	70+
30-39	



This is our sixth annual event in scenic west Iredell County. We have beautiful, rolling courses that follow acres of peaceful fields with plenty of cows waiting to cheer you on. Some cows may even join you for a part of the run, on their side of the fence of course.

Plenty of amenities and cheerful volunteers are sure to make this an annual must-do event. We hope to see you here.

To Register:

On the web:

runwiththecows.newsterlingarp.org

OR:

Complete the Registration Form and mail to:

Run with the Cows
New Sterling ARP Church
580 New Sterling Rd
Stony Point, NC 28678

Please do not forget to sign the waiver!

The race is a GO in the rain!

However, if it is unsafe to run/walk, the race director reserves the right to cancel the event.

Registration

Event (choose)

_____ 5 K _____ 10 K _____ Fun Walk/Run

First Name _____

Last _____

Address w/ zip _____

Date of Birth _____ Gender ___ F ___ M

Age _____ Phone _____

Email _____

Long Sleeve T-shirt size

Adult _____ S _____ M _____ L _____ XL _____ 2XL

Youth _____ M _____ L

_____ I do not desire a t-shirt

Registrations received before the preregistration date are guaranteed a t-shirt, if desired

After deadline shirts are first come first served

WAIVER: I fully understand that running a road or trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained to safely complete the event for which I am submitting this entry form and fee. I agree to abide by any decision of a race official relative to my ability to safely complete this run within the designated time limit. I further agree to surrender my race bib to any race official if directed to do so for any reason. I assume all risks associated with participating in this race, including, but not limited to: falls; contact with other participants; runners; bikers; horses and other animals; the effects of weather, including heat, cold, or precipitation; vehicular traffic; the condition of the roads and/or trails; all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself, for anyone entitled to act on my behalf, and anyone for whom I am entitled to act waive, release, and hold harmless New Sterling ARP Church, all other sponsors and property owners, Event Mercenaries, Inc., and all the agents, employees, officers, directors, and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this event. **I also understand that baby joggers or strollers, roller skates, and pets are allowed ONLY on the 2 Mile FunRun.**

Signed (Parent if under 18)

Date: _____

How did you hear about us? _____
