

# BEACON Virtual RUN/WALK/HIKE

Cost is \$20

Participate between January 30 to Friday March 30, 2018

"A Journey of a Thousand Miles Begins With A Single Step"

**Help Beacon to fight homelessness.**

**We're all in this thing, called life, together!**

## Here's the Gist:

Accumulate 50 miles by **March 30, 2018** by walking or running and you will get a medal! All participants get a medal! **THOSE WHO COMPLETE 50 MILES AND OVER WILL GET SPECIAL RECOGNITION. Active, Retired and Veteran members of the U.S. Military will receive a special Military Edition medal with the insignia of the branch you served.** We also have special medals for members of the American Heart Association and the Road Warriors running team. You can walk or run outside, inside on the treadmill, elliptical, or tread-climber! Since it is virtual, people can participate from all over the world at any time! Cycling is not allowed.

You can download a mileage/weight loss chart from [www.beacon5k.com](http://www.beacon5k.com) to log your progress

The person who finishes first will get their choice of a \$50 Visa gift card. The person who completes the most miles past 50 will also get a \$50 Visa gift card.

Other participants will have the opportunity to get \$25 Visa and Amazon gift cards!

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Phone Number: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Gender  M  F  
Team (if applicable): \_\_\_\_\_  
Branch of Military \_\_\_\_\_

Waiver of Liability: I hereby release and discharge BEACON Ministry and any of their respective agents or employees from any and all liability for injury or damages sustained by me in connection with or arising out of my participation in the Beacon Virtual Run/Walk sponsored by BEACON. I assume all risks associated with my participation in the event, including the risk of injury caused by the condition of public or private property, streets, or walkways. I represent and affirm that I am in good physical condition and am able to safely compete in this event.

Signature of Participant/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_  
Print Name: \_\_\_\_\_ Parent or Guardian (if under 18): \_\_\_\_\_

Register online at ***beacon5k.com*** or mail to:

BEACON, P.O. Box 23468, Belleville, IL 62223, Make checks payable to BEACON.

Need more info? Contact Debbie at 618.250.1611 or [debbie@beacon5k.com](mailto:debbie@beacon5k.com)