

16th Annual

Grandin Court Baptist

Road & Trail Challenge 5k

May 11th, 2019

Race Day

- * **6:30 – 7:40** Race Day Registrations
 - * **7:45 – 8:00** Last minute stretching
 - * **8:00** Race Begins
 - * **8:45** Race results posted, Awards, Door prizes, FREE FOOD, games, and FREE CHILDCARE.
- Racers must be present to claim door prizes.

ALL PROCEEDS from this race will benefit the Grandin Court Baptist Mission Trip to Nashville, TN.

Early registration includes a short sleeve t-shirt. Packet pickup and late registration will be open from 3:00 – 7:00pm, Friday May 11th at RunAbout Sports, and from 6:30 – 7:45am on race day at the MAC entrance.

Registration will close at 7:40am.

Age Groups

13 and under	14-18	19-24
25-29	30-34	35-39
40-44	45-49	50-54
55-59	60-64	65-69
70-74	75 & up	

Awards

Prizes for the top three overall male and female finishers will be awarded. The top three finishers in each age group will also receive awards.

Register now online or by mailing your completed race form to (see back):

Grandin Court Baptist Church
2660 Brambleton Ave SW
Roanoke, VA 24015-4306
www.GrandinCourtBaptist.org

Please make all checks payable to: **GRANDIN COURT BAPTIST CHURCH**

No Refunds

