



# LCS

EMERGENCY FOOD, HOUSING AND MORE

Help Us Fight Hunger With  
Food for Low Income Families at the  
19th Annual

# HUNGER WALK RUN 5K

Register  
by 9/16 - \$15

Day of event -  
\$15 Youth & \$20 Adults

FREE T-shirts & registration  
Youth who raise \$25  
Adults who raise \$50

**ROCKFORD PARK**  
**SATURDAY, SEPTEMBER 18, 2010**

Registration at 8:00 a.m.

All Events Start Simultaneously - 9:00 a.m.

Or...

**WALK AND  
TALK  
IN THE PARK**

NEW OPTION - SHADED  
1 MILE COURSE  
ENTIRELY INSIDE  
ROCKFORD PARK

Plus...

**18 & Under  
Competitive**

**5K**

Free T-Shirts  
Medals & Drawings

*Special Food Drive  
Bring Cans & Packages!*

## MAJOR SPONSORS



## SUPPORTERS & CONTRIBUTORS

AdHelp, Bill Lindsey Studio, Theatre N,

**Cool Prizes!**  
**Gift Certificates! Drawings!**  
**Free Refreshments!**

# Get Sponsorships and Fight Hunger

100% of funds raised goes to LCS food distribution at 13 separate sites.

Make checks payable to LCS. Contributions and sponsorships are tax deductible. LCS will provide receipts upon request.

Sponsor	Address	Amount Contributed	Receipt Requested
<b>TOTAL AMOUNT COLLECTED \$</b>			

If you collect additional sponsorships after you register, bring them on the day of the event and they will be added to your total.

*Thank You For Your Support*

## REGISTRATION

NAME \_\_\_\_\_ Church/Team/School \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

Email \_\_\_\_\_

MC/Visa # \_\_\_\_\_

Exp. date \_\_\_\_\_ Amt.\$ \_\_\_\_\_

In consideration of this entry being accepted, I, intending to be legally bound, hereby for myself, my heirs, my executors, administrators, waive & release any & all rights I may have against Lutheran Community Services, their agents, representatives, sponsors, successors & assigns for any & all injuries suffered in connection with said event.

**Signature** (participants or parent/guardian if under 18)  
\_\_\_\_\_

LUTHERAN COMMUNITY SERVICES  
1304 N. Rodney St., Wilmington, DE 19806  
Call 654-8886 x 100 or email info@lcsde.org  
download form from www.lcsde.org



<input type="checkbox"/> 18 or under <input type="checkbox"/> Over 18 <input type="checkbox"/> 5k Walk Run <input type="checkbox"/> 1 Mile Walk and Talk <input type="checkbox"/> 18 & Under Competitive 5K <input type="checkbox"/> Thrivent Member
<b>For Office Use Only</b>
<input type="checkbox"/> T-shirt