



*The Rice and Beans 5K Rumble is Truth Evangelistic Ministries 5K race to benefit hungry Haitians. You can help fill rumbling tummies by participating with a race start of 7:30 am. All proceeds benefit Truth Evangelistic Ministry and its efforts to support the people of Haiti.*

*Rice & Beans*  
**5K Rumble**  
*May 11, 2019*



**Run Hungry**

***WHY RUN HUNGRY?** Running Hungry is the opportunity to share in a typical Haitian discomfort: an empty stomach. In order to run hungry, we ask that you refrain from eating on the morning of the race until you have crossed the finish line. Join us as we run on empty for Haiti, and help satisfy the rumblings of an entire nation...Run Hungry!*

*The starting line is located at the Truth Evangelistic Ministries main office at 105 Koon Street in Fort Walton Beach.  
 May 11, 2019 \* 7:30 AM \* [www.TruthEM.org/Run](http://www.TruthEM.org/Run)*

Name

Date of Birth       Sex:  Age on May 11, 2019

Phone

Email

Circle Shirt Size: S M L XL XXL XXXL Circle Race: 5K Run 5K Walk

Reserve and pre-pay \$35.00 for 5lbs pork butt

Are you going to RUN HUNGRY? Y N Are you a NWFTC member? Y N

How did you hear about the Rice and Beans Rumble? \_\_\_\_\_

MANDATORY WAIVER: I know that running/walking a road race is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, lack of eating or drinking prior to the race, eating too many beans, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release Truth Evangelistic Ministries and the Rice and Beans 5k Rumble, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Please sign here \_\_\_\_\_ Date \_\_\_\_\_

Parental signature if under 18 years of age

\_\_\_\_\_ Date \_\_\_\_\_

Please make checks payable to Truth Evangelistic Ministries and mail with registration form to:  
Ken Lawrence 5 Doral Drive Shalimar, FL 32579  
Pre-registration must be received by May 9, 2018

**Entry Fee:** \$25.00 for 5K runners/walkers until May 9, 2019. \$30.00 after May 9, 2019 and on race day. NWFTC members receive a \$2.00 discount. Children's races are **FREE**. There will be a half mile race for kids 6 and under and a one mile race for kids 7-10 years old. Rice and Beans 5K Rumble entry fee includes a T-shirt guaranteed to first 200 registrants.

**Pulled Pork:** Due to the popularity of the sale of the extra pork butts on race day, we have added the option to reserve and pre-pay for your 5lbs pork butt. Please include \$35.00 payment with your registration

**Date and Time:** 5K starts at 7:30 AM, and the Kid's Race begins at 8:30 AM on May 11, 2019.

**Registration:** Early registration must be received by May 9, 2019. Race day registration is available 6:15 to 7:15AM. Register online at [www.TruthEM.org/run](http://www.TruthEM.org/run) or [www.active.com](http://www.active.com) (keyword rice and beans). Package pick-up is available on race day from 6:15 to 7:15 AM.

**Location:** The Rice and Beans 5K Rumble will take place at the main office of Truth Evangelistic Ministries at 105 Koon Street. This is located directly behind Wright Baptist Church off Beal Parkway in Fort Walton Beach. (Parking is available at Wright Baptist Church)

**Awards:** 5K Run: First overall, master, and grandmaster male/female plus top 3 male/female, in the following age groups: 0-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+. 5K Walk: First overall and master male/female plus the top 5 male & top 5 female finishers. Kid's Runs: First overall male/female in the half mile and mile. All kids will receive medals.

**Course:** The course, is a flat, and shady loop through the neighborhoods around Truth Evangelistic Ministry. Water will be available near the one and two mile markers. Results will be announced at the post-race party following the kid's race. Rice and beans, pulled pork, homemade desserts, and fresh fruit will be provided to help you recover post-race.

