



**Saturday, May 21, 2011**

**5k starts at 8am**

**1 mile Fun Run/Walk starts at 9am**

IBC, 2435 Kinwest Pkwy, Irving, TX

**\*Games** \_\_\_\_\_  
 \_\_\_\_\_ **\*Food** \_\_\_\_\_  
 \_\_\_\_\_ **\*Prizes**



**Family Promise<sup>®</sup> of Irving**

[www.familypromiseirving.org](http://www.familypromiseirving.org)

**Our Vision: a nation in which every family has a home, a livelihood, and the chance to build a better future together.**

**FAMILY PROMISE OF IRVING** is a faith-based non-profit organization that provides homeless families with:

- a safe, nurturing environment in which families with children can stay together
- a support system that has an 80% success rate nationwide in helping families become independent
- assistance from a licensed social worker who will help with locating stable housing, jobs, job training, childcare, etc.
- transportation between host congregations and the day facility
- basic needs including a place to sleep & meals
- companionship through a network of Irving congregations



*Family Promise of Irving is a 501(c)3 non-profit organization. All donations are tax-deductible.*

# REGISTRATION

Everyone who registers to run /walk will receive a Beat the Heat t-shirt, a goodie bag and free drinks & food at the race! You will also be helping homeless families in Irving, Texas regain their independence!

## Individual Registration

\_\_\_\_\_ \$25 per Adult  
 \_\_\_\_\_ \$12 per Child (12 & under)

## Family Registration (1 Adult + 1 Child)

(see back or page 2)

## Team Registration (min. of 4 Adults)

\_\_\_\_\_ \$20 per Adult (registrations must be turned in together-one per adult)

## Late Registration (May 13-21)

\_\_\_\_\_ add \$5 per person  
 (make check payable to: Family Promise of Irving)

Name \_\_\_\_\_

Age (as of 5/21/11) \_\_\_\_\_ Gender: F \_\_\_ M \_\_\_

T-shirt size (youth) S \_\_\_ M \_\_\_ L \_\_\_ (adult) S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone # \_\_\_\_\_

Place of Worship (optional) \_\_\_\_\_

**Email Address** (pre-race packet pick-up info will be emailed)

In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may happen to me or to those that I am responsible for during the event known as Beat the Heat 5K/1 Mile Fun Run or while I am (we are) on the premises of the event, and I hereby release and agree to indemnify, defend and hold harmless Family Promise of Irving, sponsors, promoters, and all other persons or entities associated with this event from all injuries and damages, or otherwise.

\_\_\_\_\_  
**Signature Parent's/Guardian's Signature (if under 18 years)**

Date \_\_\_\_\_

**Mail to: Family Promise of Irving,  
 P.O. Box 177516, Irving, TX 75017**

# REGISTRATION

## Family Registration (1 Adult + 1 Child)

\_\_\_ \$20 per Adult  
 \_\_\_ \$10 per Child (12 & under)

## Late Registration (May 13-21)

\_\_\_ add \$5 per person

Name \_\_\_\_\_

Age (as of 5/21/11) \_\_\_\_\_ Gender: F \_\_\_ M \_\_\_

T-shirt size (youth) S \_\_\_ M \_\_\_ L \_\_\_ (adult) S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

Name \_\_\_\_\_

Age (as of 5/21/11) \_\_\_\_\_ Gender: F \_\_\_ M \_\_\_

T-shirt size (youth) S \_\_\_ M \_\_\_ L \_\_\_ (adult) S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

Name \_\_\_\_\_

Age (as of 5/21/11) \_\_\_\_\_ Gender: F \_\_\_ M \_\_\_

T-shirt size (youth) S \_\_\_ M \_\_\_ L \_\_\_ (adult) S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

Name \_\_\_\_\_

Age (as of 5/21/11) \_\_\_\_\_ Gender: F \_\_\_ M \_\_\_

T-shirt size (youth) S \_\_\_ M \_\_\_ L \_\_\_ (adult) S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

(use 2nd form for additional family members & submit together)

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone # \_\_\_\_\_

Place of Worship \_\_\_\_\_

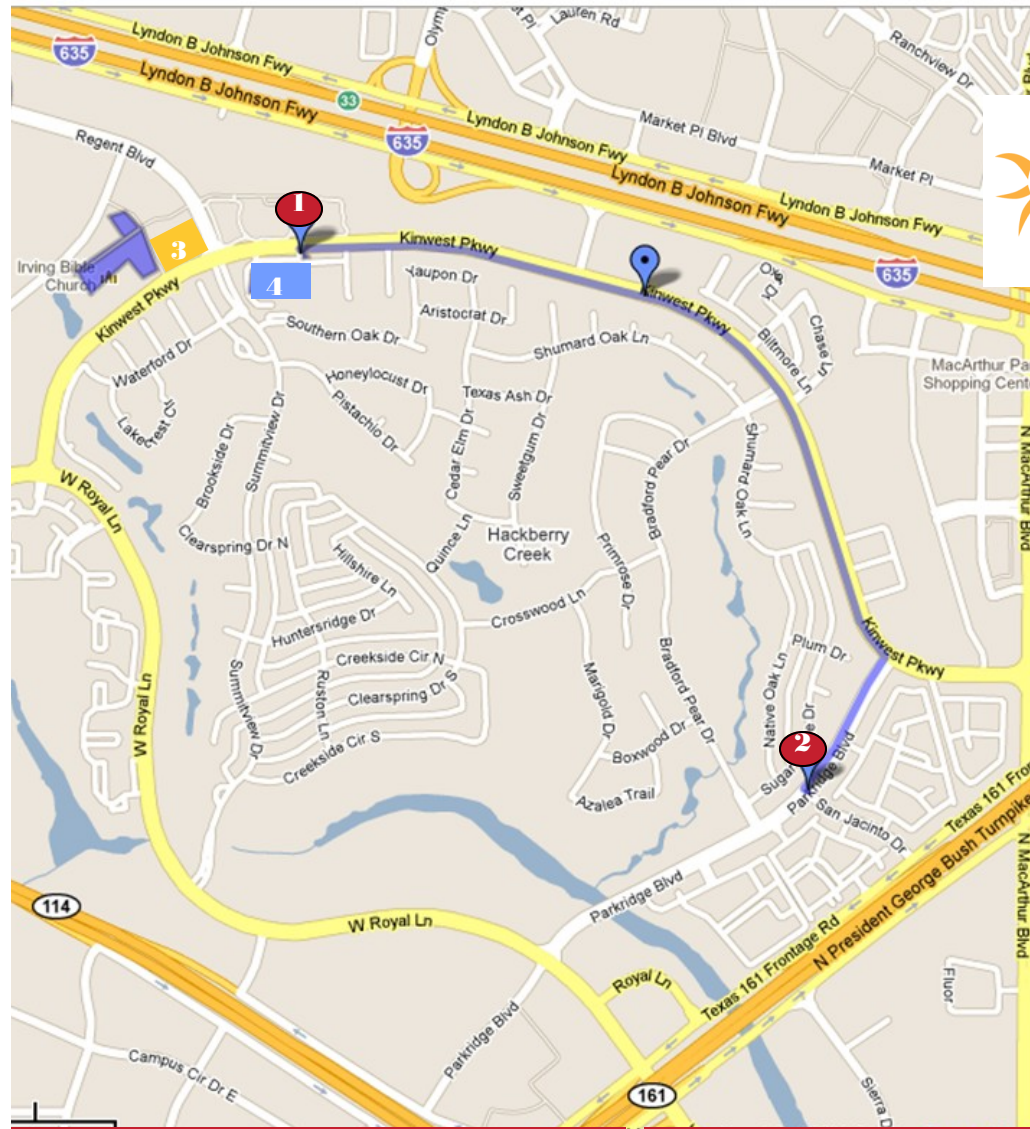
Email Address (pre-race packet pick-up info will be emailed)

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Adult's Signature & Guardian's Signature (if under 18 years)

Date \_\_\_\_\_

# Map of Race



**BEAT  
THE  
HEAT**



**5K & 1  
MILE  
FUN  
RUN  
2011**

**1-Race Start/Finish**  
**2-Race Turn-around**  
**3-Parking @**  
 Irving Bible Church  
**4-Activities @**  
 Las Colinas Elementary

### Vendor Booths available:

- 10 x 10 space - \$50
- 10 x 20 space - \$100

Email: Nora Overton at [familypromiseirving@gmail.com](mailto:familypromiseirving@gmail.com)

### Limited sponsorships available:

- create goodwill in your community
- company name printed on t-shirts

Contact: Ann Park at [familypromiseirving@gmail.com](mailto:familypromiseirving@gmail.com)