

Register Online at:

CWJCNac.org/5K

OR

Mail entries to:

CWJC/CMJC

P.O. Box 632145

Nacogdoches, TX 75963

Name: _____

Address: _____

Phone: _____

Email: _____

Shirt Size:

(Sm) (M) (L) (XL) (XXL) (XXXL)

Youth Size: (YS) (YM) (YL)

Team/Group Name (if applicable): _____

Please Enclose a check for Mail-in
Registration: (circle one)

(5K) (T-shirt only)

Amount enclosed: _____



Christian Women's / Men's Job Corps
P.O. Box 632145
Nacogdoches, TX 75963



Christian Women's Job Corps
Christian Men's Job Corps
of Nacogdoches

Presents Our 9th Annual



WHEN: Saturday, November 20, at 8 AM

WHERE: Thomas J. Rusk Elementary
422 N. Mound Street, Nacogdoches, Texas

Register online at:
CWJCNAC.ORG/5K

Email: contactcwjc@cwjcnac.org

Phone: (936) 564-2952

Website: www.cwjcnac.org

"A Hand Up... Not a Hand Out"

CWJC and CMJC offer a hand up to women and men, helping them build a foundation for meeting their life goals:

quality education, successful employment, and improved quality of life.

CWJC/CMJC participants who are seeking positive change in their lives attend our classes at no cost to themselves. This opportunity is possible because individuals, companies, and churches recognize the value and long term impact of CWJC/CMJC on the participants' lives and in our community.

Funding— CWJC/CMJC of Nacogdoches is a non-profit 501 c (3) that operates solely with the financial support of donations and pledges from individuals, organizations, churches and businesses in our community. We receive no state or federal funding. Contributions are needed and appreciated.



Event Details

Saturday, November 20, 2021
TJR Elementary School, 411 N. Mound St
Start Time 8:00 am
Dogs on a leash are allowed.

Packet Pickup Options

Saturday, Fun Run/Walk Day
Beginning at 7:00 am at TJR

Group Entry Fee

\$20 per person for **groups of 10 or more.** Registration must be turned in with team names. Special acknowledgement will be given to the registered group that has the most participants who complete the Fun Run/Walk.

Individual Entry Fee

\$25 per person—5K (t-shirt included)
Children under 10 years are FREE, but must be accompanied by a registered adult. Free walkers do not receive a shirt.

\$15—Shirt purchase only

T-shirts will be guaranteed to all who register prior to Monday, November 1.

After this date they will be issued on a first come/first serve basis. You may pick up your shirt after the event at 3900 Appleby Sand Road (M-F, 9-4pm). Shirts not picked up before 12/31/2021 will be donated.

Awards

Medals will be awarded to the Men's and Women's 1st, 2nd, and 3rd place.



Hands Up 5K Fun Run & Walk Waiver:

By signature, I attest that I am physically fit and sufficiently trained to participate in this event. I have full knowledge of the risks involved. I further acknowledge that the race course contains uneven surface conditions, potholes, and curbs, which may create a risk; I further acknowledge that the race is on public roads and that vehicular traffic may be encountered, and I accept these risks. Therefore, in consideration of the acceptance of my entry, I for myself, my heirs, my executors, and administrators waive any and all rights and claims for damages I may have against Christian Women's Job Corps, race sponsors, and any individuals associated with this event and will hold them harmless for any and all injuries I may suffer in conjunction with this event. I have read and understand this liability release.

Participant's Name _____

Signature _____

(Parent or Guardian if under 18)

Date _____

