

## Community Support

UCM has been providing emergency assistance services to help meet the basic needs of neighbors in crisis for 31 years. We are grateful for the faithful support from local churches, businesses, civic organizations, groups, individuals & United Way. We also have collaborative relationships with community agencies to provide a network of resources to help restore self-sufficiency beyond the crisis state.

## 2020 Feet for Heat

This year has certainly been challenging! Due to COVID-19, we are asking all participants & attendees to practice social distancing & avoid congregating at the start & finish areas.

A staggered start will facilitate distancing. Masks are encouraged before & after the race.

Pre-registration & packet pick up the day before are encouraged to avoid congregating on race day.



## What is "Feet for Heat?"

Each winter, United Christian Ministries provides financial assistance to persons living in Pickens County and the Powdersville area who cannot afford to heat their homes due to an emergency or limited resources.

Imagine the plight of an elderly person living on a fixed monthly income of \$783 or a single mother working part time making \$8.00 per hour. The cost to have their heating fuel delivered exceeds \$350, or they resort to keeping warm using an open oven or old space heater causing their electric bill to skyrocket.

You can help UCM prepare to meet the needs of our neighbors this winter. Whether you're running or walking, your participation in the 2020 UCM Feet for Heat 5K & 1 mile race will help keep a neighbor warm this winter!

For additional information:

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

Facebook Instagram

864-671-1134



## 5K & 1 Mile Run/Walk Registration Form

Saturday, November 14, 2020 9:00AM  
South 1<sup>st</sup> Street Side of  
Old Market Square  
Easley, SC

### **Drive-Up Race Packet Pick Up:**

Friday, Nov. 13th 5-7pm  
United Christian Ministries  
303 Dacusville Hwy.  
Easley, SC 29640

### **Awards for:**

Overall Male/Female  
Age Groups Male/Female  
Masters Male/Female

# Registration Form (one per person)

**Feet for Heat 5K & 1 Mile Run/Walk**

**Old Market Square Easley, SC**

**Saturday, November, 14, 2020**

*Please Print*

\_\_\_\_\_

First Name

\_\_\_\_\_

Last Name

\_\_\_\_\_

Address

\_\_\_\_\_

City

\_\_\_\_\_

State

Zip Code

\_\_\_\_\_

Age (on 11/14/20)

\_\_\_\_\_

Phone Number

\_\_\_\_\_

Email Address

Male

Female

\_\_\_\_\_

Emergency Contact Name

\_\_\_\_\_

Emergency Contact Phone

**REGISTRATION \$20.00**

5K     1 mile

(check one)

Runners & walkers of all ages and abilities welcome!

No pets please.

Registration forms & checks payable to "UCM" may be mailed to:

United Christian Ministries

Attn: Feet for Heat

PO Box 1774

Easley, SC 29641

or register online: [www.ucmpc.org](http://www.ucmpc.org)

**T-Shirt Size:    S    M    L**

**XL    2X    3X**

*(Circle One)*

*Register by October 31 to be guaranteed a shirt!*

**Thank you for your support!**

For more information, visit us on

Facebook or Instagram, call

864-671-1134 or email

[teresa@goodsamalliance.org](mailto:teresa@goodsamalliance.org)



United Christian Ministries

## **WAIVER AND RELEASE STATEMENT**

*(All participants must read & sign)*

I know that participating in the UCM FEET FOR HEAT is a potentially hazardous activity. By my signature, I certify that I am medically able to perform this event & properly trained. I assume all risks associated with my voluntary participation in this event, including but not limited to: falls, physical contact with other participants, volunteers, race personnel, contract service providers, employees, & spectators including the potential contraction of a communicable disease resulting from contact with other participants, volunteers, race personnel, contract service providers, employees, & spectators. I assume all risks including the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic & the conditions of the road including surrounding terrain. I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) & other communicable diseases, and have read the CDC's guidance at: [www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html](http://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html). Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, WAIVE, RELEASE, AND DISCHARGE United Christian Ministries, its staff, Board of Directors, and officers, all sponsors, race officials, workers or volunteers, the City of Easley, SC, 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. I also grant permission to all of the foregoing to use my photographs, videos, or any other record of this event for any legitimate purposes.

Signature of Participant (or signature of parent/guardian if entrant is age 17 or under):

Date: \_\_\_\_\_

