



**I-Race 5K event presented by
Image Church to benefit MANNA Worldwide**
Saturday, October 18 – Registration @ 9 a.m.
Leesylvania State Park, Woodbridge, VA
Registration \$25 by September 15, \$35 after

HOW YOU CAN GET INVOLVED

- **Pray** – Pray for God to use I-Race to reach people in the community, as an opportunity for worship and fellowship, to bring people to His kingdom and that funds will be raised to support MANNA’s efforts worldwide.
- **Participate** – Runners and walkers welcome. Fill out the registration form online at thisisimage.com or at the info table.
- **Volunteer** – Sign up to contribute your time before the event or to help with logistics the day of the event by e-mailing irace@thisisimage.com
- **Fundraise** – Whether you volunteer or participate, make an impact by asking friends, family, and co-workers to contribute to I-Race and MANNA Worldwide.
- **Sponsor** – I-Race is currently seeking corporate sponsorship for the event as well as prize donations. If you would be interested in discussing partnership opportunities, please e-mail irace@thisisimage.com.
- **Street Team** – Join the street team. We need everyone’s help to spread the word about this year’s event and get the community involved. Imagine this ... each of us bringing at least one new person to I-Race!
 - Visit the Street Team command center in the lobby at church to sign up to distribute fliers to stores in your community. Mark your name next to places you’re willing to visit and add other places we might have missed
 - When you visit a store, ask to speak to a manager. Introduce the event, ask if there is a place you can post a flier or set out a stack of fliers. Ask if there is any opportunity for cashiers to hand out fliers with receipts, or put into bags. Ask who to call to check in about replenishing the supply of fliers.
 - E-mail everyone in your address book to share information about I-Race
 - Call your friends and family to tell them about the event
 - Post a bulletin on your MySpace page or send a message to your friends on Facebook directing them to register at thisisimage.com
 - Encourage friends from other churches to get their congregations involved.