

**Entry Form** (Please print; one form per person)

Check one:  5K Run  2K Walk

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Email: \_\_\_\_\_

I forgo a t-shirt in lieu of a donation to the Match Fund.

Male  Female T-shirt Size: Adult  S  M  L  
 OXL  OXXL

Participating Nonprofit Team: \_\_\_\_\_

**Entry Fees**  
Pre-registration is encouraged to participate in the 5K Run and 2K Walk. **CASH NOT ACCEPTED.**

**5K Run** \$20 online or \$25 by check (Through March 17th)  
\$30 online or by check (March 18th - March 31st)  
\$35 (on Run Day)

**2K Walk** \$10 online (Through March 17th)  
\$15 (March 18th - March 31st)  
\$20 (on Run Day)



Register online by scanning the QR code or visit:  
[cfgaston.org/learn/community-foundation-run](http://cfgaston.org/learn/community-foundation-run)

**Race Waiver**  
You must sign this waiver of liability prior to entering into the 2023 Run. All minors must be accompanied by an adult.

I hereby release sponsors and organizers of 2023 Community Foundation Run from any claims for damages or injuries suffered by me and waive any claim that I might have against the sponsors and organizers for damages arising out of, or in any way relating to, my participating in this event. I give permission to the event organizers, without limitation or obligation, to use and publish photographs or videos of me from the event for promotion purposes and release the Gaston Community Foundation from any claim of liability to that use.

**If entrant is a minor:**  
I, \_\_\_\_\_ the legal guardian or parent of \_\_\_\_\_ hereby consents to permit and accept responsibility for emergency medical treatment in the event of injury or illness.

X \_\_\_\_\_ Date \_\_\_\_\_  
Signature of Participant (even if a minor)

X \_\_\_\_\_ Date \_\_\_\_\_  
Signature of Legal Guardian or Parent

Whether you walk, run, or stroll,  
you always win with the



If you wish to donate to the 2023 Run,  
please complete the donor form.

**Entry Guidelines**

- Complete Entry Form and sign waiver at bottom. Mail (PO Box 123, Gastonia, NC 28053) or deliver (250 S. New Hope Road, Ste A, Gastonia, NC 28054) to the Community Foundation with registration fee.
- All participant registration fees include t-shirt.
- T-shirts available for sale on Run Day at the donations and information booth, while supplies last.

**Registration & Packet Pickup**

- Packet pickup for preregistered runners will be available March 27th - 31st from 9:30am - 4:30pm at the Foundation.
- Race day registration and packet pickup will be available on April 1st from 6:30am - 8am on the concourse at CaroMont Health Park.

**Award Categories**

5K participants have a chance to win prize money for a participating nonprofit of their choice in the following categories:

- Overall Male/Female Winner (not eligible for age group awards)
- 1st and 2nd place Male/Female Runners in the following age categories:

9 & under	30 - 34	55 - 59
10 - 14	35 - 39	60 - 64
15 - 19	40 - 44	65 - 69
20 - 24	45 - 49	70 & up
25 - 29	50 - 54	



250 S. New Hope Road, Ste. A,  
Gastonia, NC 28054

PO Box 123,  
Gastonia, NC 28053

P: 704-864-0927  
[cfgaston.org](http://cfgaston.org)



**Gaston Community Foundation**

Bringing our Community Together

# 2023 COMMUNITY FOUNDATION RUN

**WHEN:** Saturday, April 1st 2023, Race begins at 9AM

**WHERE:** CaroMont Health Park, FUSE District, Downtown Gastonia

**WHAT:** 5K Run, 2K Walk, nonprofit booth exhibits, live music, and more!

The Run is an opportunity to unite donors, community volunteers, and businesses in fun camaraderie to support the good works of nonprofits in Gaston County.

Since inception, the Community Foundation Run has raised \$25,879,547 for local nonprofits. There are 134 nonprofits participating in the 2023 Run.

## ABOUT THE GASTON COMMUNITY FOUNDATION

Founded in 1978, the Foundation currently manages more than \$124 million in assets and more than 400 charitable funds. As a leader of philanthropic giving in Gaston County, the Foundation focuses on connecting donors and the needs of our community.

## THE MATCH FUND

- **What is the Match Fund?**  
A collective fund of money shared by all participating nonprofits.
- **Where do match funds come from?**  
The Community Foundation, sponsorships, and individuals like you!
- **How is the match percentage calculated?**  
Matching funds available divided by nonprofit dollars eligible for match (\$10,000 cap per organization).
- **How can I contribute?**  
Simply notate your contribution on the donor form and include in your total contribution.

## CONTRIBUTION GUIDELINES

- Cash is NOT accepted.
- All checks payable to the Community Foundation.
- For stock transfers, please contact the Foundation.
- All gifts must be made before 5:00 pm, Monday, April 10th, 2023.
- Gifts CANNOT include membership dues, pledge payments, fees or event entries.
- To receive gifts, organization must be a registered participant in the 2023 Run. Refer to the list below, our website (cfgaston.org), or call the charity of your choice to determine qualification.

### WANT TO LEARN MORE OR GET INVOLVED?

Please contact the Foundation because it's not just about the money, it's about bringing our community together!

### GASTON COMMUNITY FOUNDATION

P.O. Box 123 (28053)  
250 S. New Hope Road,  
Ste A (28054) Gastonia, NC  
ph: 704-864-0927  
cfgaston.org

SCAN HERE TO DONATE



## Donor Form

Online donations at [www.cfgaston.org/donate](http://www.cfgaston.org/donate).

Cash **NOT** accepted.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

## 2023 Run Contributions

_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____

TOTAL GIFTS FOR 2023 RUN

(Match Fund and Nonprofits) \$ \_\_\_\_\_

Donations less than \$250 will be acknowledged only upon request.

- I wish this gift to remain anonymous.
- I would like to learn more about the Gaston Community Foundation and ways they can assist me with charitable giving.

## COMPLETED DONOR FORM:

Please mail (PO Box 123, Gastonia, NC 28053) or deliver to the Community Foundation (250 S. New Hope Road, Ste A, Gastonia, NC 28054).

All checks must be made payable to the Gaston Community Foundation and received on or before 5:00 pm, Monday, April 10th, 2023.



## Participating Nonprofits

- Alliance for Children & Youth
- American Legion Post 23
- Animal League of Gaston County
- Arin's Good Girl Dog Treats
- ArtPop
- Ashbrook Foundation
- BackPack Weekend Food Program, Inc.
- Baltimore Village School
- Belmont Abbey College
- Belmont Community Organization
- Belmont Historical Society
- Bessemer City Crisis Center
- Bit of Hope Ranch
- Boys & Girls Clubs of Greater Gaston
- Bunny Blessings NC
- Camp Sertoma of Gaston County
- Camp Sunshine (FUMC)
- Cancer Services of Gaston County
- Carolina Pro Musica
- Catawba Lands Conservancy
- Catawba Riverkeeper
- Catherine's House
- Cathy Mabry Cloninger Center
- Charles Jesse Bynum Reid Foundation
- Cherryville Area Ministries
- Christ Community Outreach Food Ministry

- Christian Prayer and Healing Center
- Classroom Central, Inc.
- Community Relief Organization of Mt. Holly, NC
- Cornerstone Christian Center/ACPP, Inc.
- Covenant Community Preschool
- Cramerton Historical Society
- Crime Stoppers of Gaston County
- Crisis Assistance Ministry
- Crisis Pregnancy Center of Gaston County, Inc.
- Crowders Camps
- Dallas-High Shoals Christian Ministry
- Delta Sigma Theta Sorority Incorporated
- Dream Center Academy
- Distinguished Youth Enrichment Program DYEP
- Elements of Empowerment, Inc.
- Eta Mu Lambda Chapter of Alpha Phi Alpha Fraternity, Inc.
- Family Life (Cru)
- Fellowship of Christian Athletes
- First Presbyterian Weekday School-Belmont
- Forestview High School PTO
- Friends of the Gaston County Public Library
- Gaston Aquatics
- Gaston Arts Council
- Gaston Choral Society
- Gaston Christian School
- Gaston College Foundation
- Gaston County Art Guild

- Gaston County ECA
- Gaston County Education Foundation
- Gaston County Family YMCA
- Gaston County Museum of Art and History
- Gaston County Parks & Recreation - Citizens Resource Center
- Gaston County Transitional Aftercare Network (GCTAN) / ACPP, Inc.
- Gaston Dance Theatre
- Gaston Day School
- Gaston Galaxy
- Gaston Gators
- Gaston Hope in Christ Ministries
- Gaston Hospice
- Gaston Literacy Council, Inc.
- Gaston Residential Services
- Gaston School of the Arts
- Gaston Skills, Inc.
- Gaston String Orchestra
- First Presbyterian Weekday School-Belmont
- Gaston Together
- Gastonia Composite Squadron Civil Air Patrol
- Gastonia Parish Nurse Ministry
- Gastonia Potters House
- Gastonia Rotary East
- Gastonia Sister Cities
- Girl Scouts Carolinas Peaks to Piedmont
- Grove Counseling Center

- Habitat for Humanity of Gaston County
- HealthNet Gaston
- Heart Society of Gaston County, Inc.
- High Caliber Athletic, Inc.
- Highland School of Technology
- Holy Angels, Inc.
- Honorable Ralph C. Gingles Scholarship Fund
- Hope United Survivor Network
- Hoyle Historic Homestead
- Ignited Minds Childcare
- Junior League of Gaston County
- Keep Belmont Beautiful
- Keep Gastonia Beautiful
- King's Daughters Ministry
- Kintegra Health
- Least of These Carolinas
- Lifeline Children's Services, Inc.
- Lighthouse-Children's Advocacy Center
- Loray Girls Home, Inc.
- Lowell Women's Club
- McAdenville Woman's Club
- MH Community Development Foundation
- MiraVia
- Mount Holly Community Garden
- Mount Holly Historical Society
- Mount Holly Police Foundation
- NC Faith and Freedom Coalition
- Next Gen

- No Brainer Foundation
- Off the Streets Program, Inc.
- Partnership for Children of Lincoln & Gaston Counties
- Paul Fuller Scholarship for Mentored Students
- Piedmont Council, Boy Scouts of America
- Piedmont NC Chapter of the Links, Inc.
- Place of Refuge of Gaston County
- Presbyterian Weekday School (Gastonia)
- Promise for Haiti
- Remembering Austin
- Rotary Community Garden
- Salvation Army Boys and Girls Club of Gaston County
- Schiele Museum
- S.O.C.K.S. (Serving Our Community With Kindness In Springwood)
- Second Harvest Food Bank
- Shining Hope Farms
- Smith Cemetery Historical Preservation Association
- Southminster Presbyterian Church
- Special Olympics Gaston County
- SPSHS Band
- St. Stephens AME Zion Church
- Tri-County Animal Rescue
- United Way of Gaston County
- Victory Farm, Inc.
- Webb Street School
- Young Life
- Youth Kingdom Development