

### What is Meals On Wheels?

A program designed to provide home-delivered noon meals for those who are unable to prepare meals for themselves.

Each weekday about 160 meals are prepared in the Meals on Wheels kitchen by staff cooks. They are packaged and delivered by teams of volunteers throughout the Greater Summerville Area.

This community sponsored program receives NO government funds.

“Serving more than Meals!”

**Running Strong since 1982!**

Parking & Registration will be  
at Summerville Catholic  
School (off Gahagan Rd.)  
Beginning at 8am on  
March 21, 2015.

Race will be held Rain or Shine

Seeking Sponsorships and  
in-kind donations.

### Sponsors

Title Sponsor: Lowcountry  
Orthopaedics & Sports  
Medicine

Gold Sponsor: Summerville  
Medical Center

Meals On Wheels of Summerville, INC.

PO Box 592  
Summerville, SC 29484  
843.873.8224

{ [www.mowsummerville.org](http://www.mowsummerville.org) }



Of Summerville

“Turtle” 5 K Fun Run/Walk

In memory of Lena Cox

March 21, 2015  
8am-12pm



**march!**  
**FOR meals!**  
**Meals on Wheels**

## "Turtle" 5K FUN RUN/WALK In Memory of Lena Cox

March 21, 2015 8:30am-12pm

Registration 8am / 5K Run 8:30am / Walk 9am

### Pre-Registration Form

#### Entry Fee:

Adults	\$25
Children ( 12 & Under)	\$15
Family up to 4	\$65
Each additional family member	\$10

Pre Registration by March 10th will include a t shirt

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

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

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

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

Age: \_\_\_\_\_ Gender: M or F

#### T-Shirt Size

Adult	S	M	L	XL
Youth	S	M	L	XL
Extra \$5	2XL	3XL		

Please Return this section with your remittance  
to Meals on Wheels

