

JOIN US FOR THE SPRING THAW

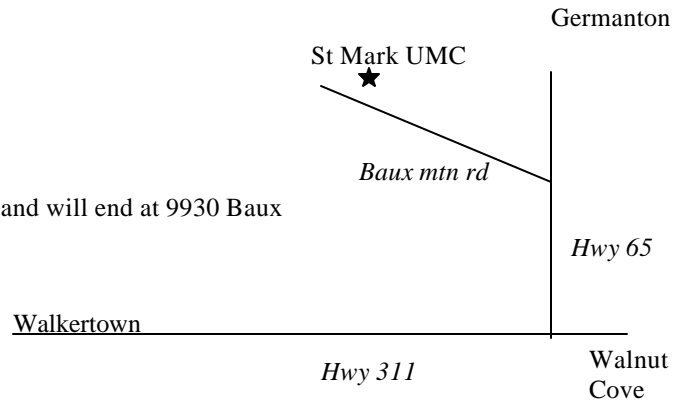
A 5K RUN/WALK PRESENTED BY ST MARK UMC

WHO: All age and ability groups are invited and welcome.

WHAT: This is a 5-kilometer road course on paved roads.

WHEN: **19 April 2008**
7:30 - 8:30-race day registration.
9:00 - 5K begins.
Awards ceremony after the race.

WHERE: The course will begin on Dennis Rd near Baux Mountain rd and will end at 9930 Baux Mountain Rd (St Mark UMC). Please park at the church.



FEES: \$10.00 registration fee before April 19. (Shirt guaranteed).
\$10.00 registration fee race day. (Shirt not guaranteed).
Register online at www.OffnRunningSports.com

PRIZES: Awards will be given to male and female overall and division winners.

RACE APPLICATION:

Mail form to:
OffnRunning
2014 Pisgah Church Road
Greensboro, NC 27455

Make checks payable to:

St Mark UMC 5K

Questions?
pecooper@triad.rr.com

Full Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Emergency Contact Phone _____

Email _____ Age on race day _____ Male ___ Female ___

T-shirt Size: Small _____ Med _____ Large _____ XL _____

Signature/Date (Parent if under 18) _____

RACE WAIVER: I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race, including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone for whom I am entitled to act, waive, release, and will hold harmless St Mark UMC, the race organizer, all other sponsors, and all the agents, employees, officers, directors and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this race.