

The Greenville Jaycees' Flat Out 5K & Fitness Walk and 1 mile Fun Run

June 28, 2008 8:30AM

Entry Fees: 5K Run and Fitness Walk and Fun Run -\$20 if post marked by June 24.

After June 24th and race day, 5K and Fun Run - \$25. Children 12 & Under are \$12 regardless of registration date.

Teams: Groups may also enter the 5k as a team. Team must consist of at least 6 members. Team registration is \$15 per adult in advance and \$25 on race day.

Remote Runner: If you can't be here to run the race, register as a remote runner, \$15 and you'll be eligible for door prizes.

T-shirts: The first 200 race entrants will receive a T-shirt

5K Awards: Given to top 3 overall and top 3 places in each age group: 15 and under, 16-19, 20-29, 30-39, 40-49, 50-59, 60 and over. A Team award will be given for fastest average 5k time.

1M Fun Run/Walk Awards: For the top 3 men and women.

More Info: Contact Emily Price at 252-717-0974 or Claire Blum at 252-353-6030 or email flatout5k@gmail.com

Website is www.flatout5k.com. Online registration available at www.active.com

Registration and Packet Pickup: To Pre-register mail this completed entry form and payment by June 24th. Race day registration and packet pick up will start at 6:30 am at the Town Commons in Greenville (at the intersection of 1st and Reade)

Please complete the following entry form legibly and sign the waiver.

Make check payable to Greenville Jaycees

Mail to: Greenville Jaycees c/o Claire Blum, 211 Gates Dr., Winterville, NC 28590.

Name: _____

Address: _____

Phone: _____ **Email:** _____

Sex: _____ **Age on June 28, 2008:** _____ **Shirt Size:** _____ (ys ym yl S M L XL 2XL)

Event: _____ 5K (People over 12: \$20 before 6/24 & \$25 after 6/24; Children 12&Under: \$12)
_____ 1-mile (People over 12: \$20 before 6/24, \$25 after 6/24; Children 12&Under \$12)
_____ 5k Team (\$15 per person before 6/24, \$25 after 6/24 **Team name:** _____
_____ Remote Runner (doesn't run, \$15)

(Team entries can be sent separately, just be sure to include Team name on each entry.)

Additional donation: \$ _____

Amount enclosed: \$ _____

I understand that racing can be a hazardous activity, and I and my heirs, executors, administrators, and assigns do hereby release the organizers, sponsors, all race personnel, East Carolina Road Racing Club, the Greenville Jaycees, and the City of Greenville from responsibility for any damages suffered by me as result of my participation in this event. I also attest that I am in sufficient physical condition to safely participate in the event on June 28, 2008, and that I take responsibility for my personal safety during it.

Participant Signature: _____ **Date:** _____

Parent/Guardian signature(if under 18): _____ **Date:** _____