



Flat Out 5K & 1 mile Fun Run

July 9, 2011 8:00AM

benefiting



UNC
NORTH CAROLINA
JAYCEE BURN CENTER

Entry Fees: 5K Run and Fitness Walk and Fun Run -\$20 if post marked by June 28th. After June 28th and race day, 5K and Fun Run - \$25. Children under 15 are \$15 regardless of registration date.

Beneficiaries: NC Jaycee Burn Center in Chapel Hill.

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

Timing and Scoring - by Run the East. Results will be posted online at www.runtheeast.com

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. Team awards will be given for fastest, largest, most patriotic and best dressed.

1M Fun Run/Walk: This is for people under 15 years of age, **Awards** to the top 3 girls and boys

More Info: Contact Rebecca Woodard at 252-721-4794 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 to address below. 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 and sign waiver. Make check payable to Greenville Jaycees. Mail to: Jaycees c/o Rebecca Woodard 2105 Charity Lane Winterville, NC 28590.

First Name: _____ **Last Name:** _____

Address: _____

Phone: _____ **Email:** _____

Sex: _____ **Birth date:** _____ **Age on July 9, 2011:** _____ **Shirt Size:** _____

Additional donation: \$ _____

- Event:** 5K Adult (\$20 on or before 6/28 & \$25, after 6/28)
- 5K Children Under 15: \$15
- 1-mile (People Under 15 only) : \$15

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, Run the East, 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 July 9, 2011, and that I take responsibility for my personal safety during it.

Participant Signature: _____ **Date:** _____

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