

PAWS TO THE PAVEMENT

5K RUN/WALK

FALL CREEK COUGARS

### **Packet Pickup**

Packet pickup will be at Fall Creek School  
Friday, September 12, from 5:00 – 7:00 p.m.  
or Race Day 7:00 – 7:30 a.m.

### **Race / Walk Schedule**

September 13, 2014

5K Run / Walk starts at 8:00 am

at Fall Creek School

Awards Ceremony after the 5K ends

*Awards given for Overall, Masters & Age Groups*

We hope that you will be able to join us for our 1st Annual 5K hosted by Fall Creek PTO. This run / walk is for all ages young and old, so come out and show your support for Fall Creek PTO and enjoy some live music. Each person who registers by August 31, 2014 will be guaranteed to receive a race t-shirt and goodie bag.

### **Fall Creek PTO**

### **5K Run/Walk**

**When: Saturday, September 13,  
2014**

**5K @ 8:00 AM**

#### **FEES:**

**Students (K - 8<sup>th</sup> grade) \$15.00 before 8/31/2014  
and \$20.00 after.**

**9<sup>th</sup> Grade to Adult Pre-Register by August 31, 2014 \$25.00**

**Register Race Day \$30.00 (Ends – 7:30 am)**

**Mail-in Registration ends September 1<sup>st</sup> 5K fees include a  
T-Shirt & Goodie Bag Only if you register by August 31<sup>st</sup>,  
2014**

**Pre-Register by August 31, 2014**

**Early Registration**

Pre-Registrations must be received by

August 31, 2014

Entry fees are non-refundable

Unclaimed packets will not be mailed to entrants.

**3 Ways you can register:**

-Register Online

To register online go to:

[www.sportoften.com](http://www.sportoften.com)

[www.active.com](http://www.active.com)

Online Registration Ends September 10, 2014.

-Register By Mail

Mail completed registration form and your check to

Fall Creek PTO

5028 Siloam Rd

East Bend, NC 27018

-Fall Creek Students Can Register at School

Complete the registration form and turn in to your child's teacher with payment.

T-Shirts and Goodie Bags are not guaranteed to those who register after August 31, 2014

**Please make all checks Payable to:**

Fall Creek PTO

**For additional information contact:**

David Nelson at (336) 682-5899

Email: [nelsondc01@hotmail.com](mailto:nelsondc01@hotmail.com)

**One form per entrant**

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

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

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

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

(For race day results please include your email address)

Birth Date: \_\_\_\_\_

Age on September 13th: \_\_\_\_\_

Sex (circle one):    Male    Female

**T-Shirt Size:**

Please Circle one of the sizes below

Youth: S M L

Adult: S M L XL

XXL

**RACE WAIVER MUST BE SIGNED!!!**

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained to complete the event. I agree to abide by any decision of a race official to my ability to safely complete this run within the designated time limit. I assume all risks associated with running in this race including, but not limited to falls,

contact with other participants, runners, bikers, horses and other animals, the effects of weather, including heat or cold and precipitation, traffic and the condition of the

roads, 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 the race organizer, all sponsors and property owners, 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. I understand that roller skates, skateboards and dogs are not allowed in this race/run/walk.

**Date:** \_\_\_\_\_

**Signature of Entrant:**

\_\_\_\_\_  
**Signature of Parent/Guardian if under 18**  
\_\_\_\_\_