

# The 13th Annual Gold's Gym Water Park 5K and Fun Run / Walk

Benefiting the Center for Family Violence Prevention

Hosted by Gold's Gym of Greenville

Saturday, August 21, 2010, 8:00 AM, Greenville, NC

An East Carolina Road Racing Event

**COURSES** - The 5K race course is USATF certified, partially shaded, dead flat, and makes a single loop through the Tucker Estates neighborhood. The Fun Run / Walk is close to 1 mile. Both events start at Gold's Gym off of Charles Blvd (Highway 43) in south Greenville at 8:00 AM. Call Gold's Gym at 252-756-9175 if you need more directions.

**TIMING AND SCORING** - by East Carolina Road Racing. Results will be posted shortly after the last finishers, and on the internet at [www.ecrun.org](http://www.ecrun.org)

**ENTRY FEES** – 5K - \$20 if postmarked by Monday, Aug 16, \$25 after and race day. Fun Run, \$15 pre-registered and on race day. Do not mail any entries after Aug 17, just bring to the race. Entry fee includes quality t-shirt. You may also register online at [active.com](http://active.com) up to midnight on August 18.

**T-SHIRTS** – Guaranteed size to all that are registered by Friday, August 14. Some will be available race day.

**AWARDS, 5K** - To the top 3 Male and Female overall, and to the top 3 M+F in each age group listed below: 12 and under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

**AWARDS, Fun Run** – Trophies to the top 3 M+F overall. All finishers will receive their time and placing.

**REGISTER** - At Gold's Gym starting at 6:30 AM. Come early to get desired t-shirt size.

**PARTY** - Of course! Enjoy the party and awards ceremony at Gold's GREAT outdoor pool and water slide! Begins right after the 5K, bring your bathing suit!

**CONTACTS** - Contact Shannon Blair, [greenvillencgm@goldsgym.net](mailto:greenvillencgm@goldsgym.net), 252-756-9175, Kip Sloan, [kip.sloan@ecrun.org](mailto:kip.sloan@ecrun.org), or Meredith Hinton, [Meredith\\_hinton@hotmail.com](mailto:Meredith_hinton@hotmail.com)

Make checks payable to "Center for Family Violence Prevention" and mail to Center for Family Violence Prevention, 823 South Evans Street, Greenville, NC, 27834

-----  
First Name \_\_\_\_\_ Last \_\_\_\_\_

Sex \_\_\_\_\_ Age on August 21 \_\_\_\_\_ Birth Date \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Shirt Size \_\_\_\_\_

Email Address \_\_\_\_\_ Extra donation to CFVP \_\_\_\_\_ Total enclosed \_\_\_\_\_

No animals, skates or bicycles (except course marshals) are allowed in the event in the interest of safety. Portable music players are discouraged. Baby strollers and racing wheelchairs are permitted.

I realize that running can be a hazardous activity, and I and my heirs, executors, administrators, and assigns do hereby release the organizers, sponsors, all race personnel, Gold's Gym, East Carolina Road Racing, and the Center for Family Violence Prevention from responsibility for any damages suffered by me as result of my participation in this event. I also attest that I believe I am healthy and fit enough to safely participate in the event on August 21, 2010, and that I will take full responsibility for my own safety before, after, and during the event.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian if under 18 \_\_\_\_\_ Date \_\_\_\_\_