



# Join Us for the 6th Annual Waterway 5k Run / Walk of Elizabeth City, North Carolina September 18, 2010

### MASTER OF CEREMONY

Jerry Newell

### PACKET PICKUP- WATERFRONT PARK

Friday, Sept. 17, 2010  
(5:00 PM -7:00 PM)

### RACE DAY REGISTRATION NEWBEGUN LAND- WEEKSVILLE

6:30AM-8:30AM

### Event Times

5K 9:00 AM  
1 Mile Fun Run- 10:00 AM

### Registration & Entry Fees

5k-\$20 until Sept. 10th  
\$25 thereafter  
1 Mile Fun Run \$10  
High school and under \$10

### Directions

ELIZABETH CITY-take Halstead Blvd to Weeksville Hwy. Follow signs to Blimp Base, Race starts in Newbegun Land.

**Teams welcome-teams of 5  
mixed please-trophies for the top  
3 teams**

### Online Registration

[www.active.com](http://www.active.com)  
[www.Waterway5k.org](http://www.Waterway5k.org)

**USAT&F certified.  
Results by Ipico Sports Timing System**



[www.ecrun.org](http://www.ecrun.org)

Send registration and fee to-  
Waterway5k, c/o Phil Donahue  
PO Box 1412  
Elizabeth City, NC 27907

**For more information**  
Visit [www.waterway5k.org](http://www.waterway5k.org)  
OR CALL 252-384-4446

### Course

The course is out and back along the beautiful Pasquotank River.

### TROPHIES AND MEDALS- CATEGORIES

Top three overall male and female finishers, and top three male and female finishers in each of the following age categories: 12 and under; 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & UP.

**School Challenge** – The school with the most participants will receive a \$200 prize to be used for health and wellness.

**Entertainment/Hospitality**  
DJ-TAZ (JERRY NEWELL)  
Pizza, Fruit, Gatorade  
2 water stations, paramedics on-site



**BENEFITING THE ALBEMARLE HOSPITAL FOUNDATION FREE MAMMOGRAM PROGRAM**

Office Use: Race # \_\_\_\_\_ Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

School \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

**TEAM NAME \_\_\_\_\_ (5 member team)**

1 MILE FUN RUN  5K T-Shirt size: YOUTH -M L ADULT- S M L XL XXL XXXL

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. 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 event including, but not limited to: falls, contact with other participants, the effects of the weather, including cold, snow and/or ice, high heat and/or 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 entitled to act on my behalf, waive and release East Carolina Road Racing, its directors, officers, and staff, the county of Pasquotank and its employees, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that headsets of any kind, dogs on leashes, in-line skates, bicycles and vehicles to transport children are prohibited and that violation of this prohibition will result in disqualification.

\_\_\_\_\_  
Date

Signature (Parent/Guardian's signature if under 18)