

Please circle one per question

Age Group:

14 and under 15-19 20-29 30-39
40-49 50-59 60+

Gender: Male Female

T-shirt size:

S M L XL 2XL

(sizes guaranteed to pre-registered participants only)

ENTRY RELEASE

In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against Beaufort County Medical Center and its members; LifeStyles Medical Fitness Center and its members; the Washington Noon Rotary Club and its members; and all sponsors and supporters of this event for any injury or illness that may directly or indirectly result from my participation in the LifeStyles Medical Fitness Center 5K Run/Health Walk. I further state that I am in proper physical condition to participate in this event, and that none of the above parties is under any obligation to provide a physical examination or other evidence of my fitness to participate in the race, with this being my sole responsibility. I also give permission for the free use of my name and picture to any broadcast, telecast or written account of the event.

Participant Signature Date

Parents Signature Date
(for those under 18)

LifeStyles Medical Fitness Center
1375 Cowell Farm Road
Washington, North Carolina 27889

LifeStyles 5K Run/Health Walk Saturday, October 23, 2010



Saturday
October 23, 2010

In conjunction with
Smoke on the Water
organized by the Washington Noon Rotary Club

7:00 am Registration
8:00 am 5K Start
9:30 am Awards Ceremony



Join the fun and festivities on the Washington Waterfront!

What:

The LifeStyles 5K Run is a 3.1 mile run/walk held in conjunction with the "Smoke on the Water" Celebration in downtown Washington. Open to runners and walkers of all levels, children and adults of all ages.

When:

Saturday, October 23th, 2010
7:00 am Registration (at Estuarium)
8:00 am 5K Start
9:30 am Awards Ceremony (registration area)

Where:

The lawn next to the N.C. Estuarium at 223 East Water Street in downtown Washington along the waterfront. (Take Route 264 to Market Street, head south until it ends, turn left on Water Street. The Estuarium is on the right).

Why:

- To raise funds for wellness scholarships for those who could not otherwise afford them
- To promote fitness in Beaufort County
- To support the local community
- For family fun!

Who:

Open to people of all ages and levels. Strollers are permitted on the course. Please leave pets at home.

Questions?:

Please call LifeStyles at (252) 975-4236.

Prizes:

The top three male and female 5K finishers in the following age groups will receive awards: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, and 60+.

T-shirts:

T-shirts will be given to each entrant on Saturday morning before the race. No T-shirts will be mailed. Sizes are guaranteed to pre-registered participants only.

Sponsors:

A special thank you to all of our partners who support health and wellness in our community!



Registration:

Please complete the attached form and drop off or mail with entry fee to:

LifeStyles Medical Fitness Center
1375 Cowell Farm Road
Washington, NC 27889

**Make checks payable to:
Beaufort County Medical Center**

**Pre-registration fee - \$20
Race Day fee - \$25**

Pre-registered participants must have entries postmarked no later than October 18th, 2010

**LifeStyles Medical Fitness Center
5K ROAD RACE ENTRY FORM**

Print clearly. Entry forms MUST be fully completed to be eligible for placing & awards.

First Name MI Last Name

Mailing Address (P.O. or Street, include Apt. No.)

City State Zip

Area Code and Phone Number Birth date (xx/xx/xxxx)

Age on day of race

Email Address