

## 2010 GET FIT NC 5K RACE WAIVER

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 decisions 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 high heat and/or humidity, traffic and the conditions of the road or trail, 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 the Town of Wake Forest, the Wake County Public School System, the North Carolina Medical Society Alliance, Jim Young, Young & Associates and all volunteers, 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 foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that bicycles, skateboards, roller skates or blades, animals and radio headsets are not allowed in the race, and I will abide by these guidelines.

If, for reasons out of our control (i.e. an ice storm or such), we are unable to hold the event on the scheduled day, the race will be cancelled and not rescheduled. However, we will make all t-shirts available to those that registered. We will make every effort to run the race as long as it is safe to do so.



P.O. Box 27167  
Raleigh, NC 27611

Hosted by the  
North Carolina Medical  
Society Alliance

2010  
Get Fit NC  
5K



December 4, 2010  
9:00 a.m.  
Wake Forest, NC

*PROCEEDS BENEFIT  
PHYSICAL EDUCATION  
PROGRAMS IN  
NORTH CAROLINA  
PUBLIC SCHOOLS*

WWW.GETFITNC.ORG

TEL: 919-833-3836 X124

**GET FIT NC 5K  
DECEMBER 4, 2010  
WAKE FOREST, NC**

# Get Fit NC 5K

**2010 Get Fit NC 5K  
Mail-in Entry Form  
Pre-registration Deadline: November 26, 2010**

**Location:** The Start/Finish area is located at Wake Forest Elementary School at 136 W. Sycamore Street. Wake Forest, NC 27587.

**Parking:** Parking will be available at Wake Forest Elementary School. Signage will direct participants where to park.

**Entry Fees:** The Get Fit NC 5K registration fee is \$25.00 before November 26, 2010. Registration from November 27 through the day of the race is \$30. Only those registered by November 26, 2010 will be guaranteed an official Get Fit NC 5K race shirt. A registration form must be completed for each participant.

**Awards:** Medals will be presented to the top two males and top two females overall and the top finisher of each of the following age divisions: **19 and under, 13-19, 20-29, 30-39, 40-49, 50-59 and 60 and over**

**Packet Pick-Up:** Race packets may be picked up at the school on Race Day beginning at 8 a.m.

**How to Register:** 1. Entrants may mail in their entry forms to the address listed on the form. Please do not mail entries after November 26, 2010. 2. Entrants may register online at [www.active.com](http://www.active.com). The deadline for online registration is November 26, 2010. Payments online must be made by credit card. 3. Entrants may register at the school on Race Day beginning at 8 a.m.

**Race Course:** The 5K course is certified by the USATF (NC10114NW). Participants may walk or run the course.

**The North Carolina Medical Society Alliance (NCMSA) invites you to support the 2010 Get Fit NC 5K taking place in Wake Forest, NC on Saturday, December 4. The Get Fit NC 5K is dedicated to raising awareness and resources to assist physical education programs in public schools across the state.**

**Since its inception, the Get Fit NC 5K has provided resources to dozens of physical education programs across North Carolina, enabling P.E. teachers to have access to equipment necessary to engage students including jump ropes, pedometers, exercise balls and much more. It is estimated that the Get Fit NC 5K has already reached more than 4,000 students in our state. Visit our web site at [www.ncmsalliance.org](http://www.ncmsalliance.org) to take a look at some of the projects that have received support from the Get Fit NC 5K.**

**We hope you will share in this important effort and take part in the Get Fit NC 5K. Your participation will help put needed resources in NC public schools and encourage kids to be active and develop healthy habits to last a lifetime.**



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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Sex: Male Female Age on race day: \_\_\_\_\_

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

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

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

Race Shirt Size (circle one): YL AS AM AL AX

**\*Registration (check one):**

- 5K Registration \$25**  
 **Phantom Runner \$25 donation**  
(**\$20 tax-deductible**)

Registration/Phantom runner registration received by November 26 are guaranteed an official Get Fit NC Race Shirt

\*Registration and Phantom Runner registration fees increase to \$30 after November 26.

**Please make checks payable and mail to:  
NCMS Alliance  
P.O. Box 27167  
Raleigh, NC 27611**

I have read and agree to the race waiver printed on the back of this form.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Online registration available at  
[www.active.com](http://www.active.com)