



**Awards**

Cash Awards will be given to the Overall winner (M/F), Overall masters (40+) winner (M/F) and prizes awarded to Overall age group winners—top 3 male and female—age groups: 10 and under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. Overall winners will be displaced from the age group winners. Winners must be present at awards ceremony; awards will not be mailed.

**Packets**

Registration and packet pick-up will open at 7:30 am on Saturday at the Clawson-Burnley Park picnic shelters (across from the National Guard Armory, just below the Watauga County Swimming Pool Complex). Race day registration will end at 8:15 am.

**Other**

- \*Refreshments will be provided after the race.
- \*Leashed animals, strollers, skates, etc. which could interfere with other participants will not be allowed on the course.
- \*Race/Walk will begin at the Clawson-Burnley Park picnic shelter area at 8:30 am.
- \***ALL** donations go to the American Cancer Society.
- \***ALL** pre-registered entries guaranteed t-shirt; race day entries will be first come and as available.



**Relay for Life 5K Spring Thaw Run/Walk  
Registration Form**

Please complete and return the entire application with registration fee to:  
Paula Ward 350 Lonnie Henson Rd Vilas, NC 28692

Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Phone # \_\_\_\_\_

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

Gender (circle) **MALE** **FEMALE** T-shirt size (child) **M** (adult) **S M L XL**

**Entry Fee:** \$15.00 Entry Fee (\$20.00 after April 10, 2013)  
\$40.00 Family Rate (\$45.00 after April 10, 2013) **\*\*3 t-shirt limit\*\***

Relay for Life 5K Spring Thaw Run Entry Fee ..... \$ \_\_\_\_\_

Make a tax deductible donation to the American Cancer Society.....\$ \_\_\_\_\_  
*(Contributions made above the cost of the entry fee are fully deductible as allowed by law)*

**TOTAL** .....\$ \_\_\_\_\_

**Make checks payable to:** American Cancer Society or ACS and mail completed registration form with payment to:

Paula Ward  
350 Lonnie Henson Road  
Vilas, NC 28692

\*\*\*\*\*PLEASE READ & SIGN BELOW\*\*\*\*\*

**WAIVER & RELEASE:** I am in proper physical condition to participate in this event. In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against officials, volunteers, and/or sponsors of the Relay for Life 5K Spring Thaw Run/Walk for any injury or illness which may directly or indirectly result from my participation. .

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

(Parent if under 18 years of age)



## Course

Beginning at the Clawson-Burnley Park picnic shelters on the Greenway Trail, runners will run to the end of the trail and back completing an accurate 5 kilometers or 3.1 miles. The run/walk starts at 8:30 am.

## Fee

\$15 for pre-registered entries post-marked prior to April 10th. All entries received after April 10th will be \$20. Family rate is available to immediate family members living in the same household. All entries must be mailed together and completely filled out. There is a maximum of 3 t-shirts per family rate.

## Proceeds

Jerry's Intimidators Relay for Life team along with various area businesses are sponsoring the 5K run. All proceeds from this race will directly benefit the Watauga County American Cancer Society's Relay for Life.

## Information

For further information about the run contact:  
Paula Ward  
828-297-4876  
wardpy@appstate.edu  
<http://www.wataugarelayforlife5k.com>



# Spring Thaw

## Relay for Life

## 5K Road Race

**April 20, 2013**

**8:30 am**



**Greenway Trail**

**Boone, NC**

*All*

*Runners & Walkers*

*Welcome*

**Relay for Life 5K Spring Thaw Road Race**  
**Paula Ward**  
**350 Lonnie Henson Road**  
**Vilas, NC 28692**