

Awards

Awards will be given to the Overall winner (M/F), Overall masters (40+) winner (M/F) and medals 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.
- *Strollers, skates, etc. will be allowed to start at the back of the race.
- *Race/Walk will begin at the Clawson-Burnley Park picnic shelter area at 8:30 am.
- *ALL donations go to the Juvenile Diabetes Research Foundation (JDRF)
- *ALL pre-registered entries by September 15 are guaranteed t-shirt; after September 15 and race day entries will be first come and as available.



**JDRF 5K Run/Walk/Wheel
Type One Strong Race for a CURE
Registration Form**

Please complete and return the application with registration fee to:
Wendi Vandenberg — 361 Harrison Road — Boone, NC 28607

Name _____ Age _____ Date of Birth _____

Address _____ Phone # _____

City _____ State _____ Zip _____ Email Address _____

			Youth		Adult					
Gender (circle)	MALE	FEMALE	T-shirt size:		M	L	S	M	L	XL

Entry Fee: \$15.00 Entry Fee (\$20.00 after September 15)
\$45.00 Family Rate (\$50.00 after September 15) **3 t-shirt limit**

JDRF Type One Strong Race for a CURE Entry Fee\$ _____

Make a tax deductible donation to the JDRF\$ _____

(Contributions made above the cost of the entry fee are fully deductible as allowed by law)

TOTAL\$ _____

Make checks payable to: Type One Strong Race for a Cure and mail completed registration form with payment to:

Wendi Vandenberg
361 Harrison Road
Boone, NC 28607

*****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 JDRF Type One Strong Race for a Cure 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, participants will continue to the end of the trail and back completing an accurate 5 kilometers or 3.1 miles. The event starts at 8:30 am.

Fee

\$15 for pre-registered entries post-marked by September 15. All entries received after September 15 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

Type One Strong Race for a CURE proceeds will benefit JDRF (Juvenile Diabetes Research Foundation).

Information

All runners, walkers & wheelers welcome

For further information about the run contact:

Wendi Vandenberg

828-964-2580

vandenbergwj@charter.net



Type One Strong

Race for a CURE 5K Run/Walk/Wheel



**October 1, 2016
8:30 am**

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Boone, NC

Type One Strong Race for a CURE
Wendi Vandenberg
361 Harrison Road
Boone, NC 28607