

BB&T RAILTRAIL RUN/WALK for CARENET

April 9th on the Dunn-Erwin Railtrail

Join us on April 9th for our 2ND Annual BB&T Railtrail Run/Walk for CareNet! This newly certified 5K course runs through the countryside along the Black River and into Downtown Erwin. The course is essentially flat and straight so consider coming out to break your personal record! The run is followed by good food, drink, and awards. All proceeds are used to support counseling services provided by CareNet of Harnett (www.carenetofharnett.org). Help us expand the capacity to provide support to people dealing with difficult circumstances in troubled times.

Course: This course is entirely run on a railtrail with markers along the way. The course is registered with USA Track & Field (certification: NC-10001-PH).

Events: 5K and 1-mile Kid's Fun Run. The 5K starts at 9:00am and the Kid's Run immediately after the 5K (approximately 10:00am)

Awards, 5K: Top 3 Male and Female overall, and the top 3 M+F in each of following age groups: 15 and under, 16-19, 20 -29, 30-39, 40-49, 50-59, 60-69, 70+

Awards, Kids' Mile: Top Boy and Girl in the following age groups: 8 & under and 9-12

Registration: Opens at 7:45 at the parking lot of the Erwin Business Complex (200 N. 13th Street) and ends at 8:45. Shuttles will transport runners to starting site from the parking lot. Finish line is only 1 block from parking.

Entry fees: \$25 pre-registration, mailed by April 1st, \$30 after and on race day. 5K entry fee for youths 18 and under is \$15. Kid's 1 Mile Fun Run is \$10. Entry fee includes T-shirt for all entrants.

Timing and scoring: Electronic chip timing by Run the East. Results will be posted at www.runtheeast.com.

More information: Contact info@railtrailrun.org or 910-892-3282.

Entrant Information

First Name:	MI:	Last Name:	Birthdate: ____/____/____	Gender: M or F	Age:
Mailing Address:			City:	State:	Zip:
Phone:	Email Address:				
T-Shirt Size (circle one; only guaranteed for pre-registrants): Youth: S M L XL Adult: S M L XL XXL			Event: 5K / 5K-Youth / Kids Run		

Entrant Release

No pets, skates, skateboards, or bikes are permitted. Portable music players allowed but discouraged. I acknowledge that running events can be a hazardous activity, and I and my heirs, executors, administrators, and assigns do hereby release the organizers, sponsors, all race personnel, Run the East LLC, BB&T and CareNet of Harnett from responsibility for any damages suffered by me as a result of my participation in this event. I also attest that I believe I am healthy and fit enough to safely participate in the event on April 9, 2011 and that I will take full responsibility for my own safety before, after, and during the event. I also give permission for the free use of my name and picture to any broadcast, telecast, or written account of the event.

Entrant
Signature: X _____ Date: ____/____/____

Parent/Guardian
Signature (if
entrant is under 18): X _____ Date: ____/____/____

Make checks payable to **CareNet of Harnett** with memo entitled Railtrail Run and mail with completed entry form to CareNet, POBOX 489, Erwin, NC 28339. Do not mail after April 1st, just bring to the race.