

Date: September 4, 2010

Distance: 5K Run/Walk
1.5 Mile Fun Run/Walk

Time: 5K 8:00 a.m.
1.5 Mile 8:45 a.m. (approximate)

Course: The Go, Jump in the Lake! 5K and 1.5 Mile fun run/walk follows a course through Boiling Spring Lakes. Both races begin, and end, at the beautiful Spring Lake Park. The courses are paved asphalt and are mostly flat.

No pets, bikes, skateboards or roller blades, please.

5K Awards

1st, 2nd, and 3rd Overall male and female
Special Recognition to:
1st, 2nd, and 3rd male and female in each age category

Age categories: 13 and under, 14-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and up

Overall winners are not eligible for age group awards.

1.5 Mile Awards

1st, 2nd, and 3rd Overall male and female

Winners must be presents at the Awards Ceremony to receive prizes.

Registration

Early Bird (postmarked by August 25th):
5K \$20

Fun Run \$15
includes a Go, Jump in the Lake! T-shirt*

*T-shirt size requests honored while quantities last.

Race Day (until 7:50 a.m.):

5K \$25 (T-shirt *not* guaranteed)

Fun Run \$20 (T-shirt *not* guaranteed)

Youth Registration

\$5 Registration fee for all youth, ages 6 to 16 (5K and Fun Run), T-shirt included!*

All children under 6 years of age participate for free!! Please complete a registration form for all children participating who would like to receive a T-shirt.*

*T-shirt size requests honored while quantities last.

All registration fees are non-refundable.

Shirt pick up and Registration will take place the morning of the race at the large pavilion in Spring Lake Park, from 6:15 a.m. until 7:50 a.m.)

3rd Annual

Go, Jump in the Lake!
5K & 1.5 Mile fun run/walk

Registration Form/Waiver and Release (please read carefully)

Waiver Liability: "I hereby release all sponsors, volunteers and promoters of this event from any and all liability. I hereby certify that I am in proper physical condition for the distance indicated on this form. I also agree the decision of the race officials is to be final. I also give my permission for the free and unrestricted use of my name and picture in any broadcast or written account of the event."

Participant Name _____

Street _____

City _____ State _____ Zip _____

Phone _____

Email _____

Age (As of 09/04/10) _____ D.O.B. ____/____/____

Male _____ Female _____

Select Event: **5K** _____ **1.5 Mile** _____

Both _____ (\$40 registration fee)

Shirt size (circle one): YM YL M L XL XXL

Participant/Guardian Signature _____ Date _____

Team Name (optional) _____

All team members must fill out a registration form and waiver.

Mail registration form and fees to Where We Live, c/o Race Director, P.O. Bo 10058, Southport, NC 28461.

Proceeds from this race are used to fund the projects and programs of **Where We Live**.



For more information,
please visit
www.wherewelivenc.com

Make checks payable to:
Where We Live

Mail Registration From to:
Where We Live
c/o Race Director
P.O. Box 10058
Southport, NC 28461

Volunteer opportunities!!
Please email Elie at
eerickson@ec.rr.com

Mail registration form and fees to **Where We Live**, c/o Race Director, P.O. Bo 10058, Southport, NC 28461.

3rd Annual
**Go, Jump in the
Lake!**
5K & 1.5 mile fun
run/walk



Saturday, September 4, 2010
Boiling Spring Lakes, North Carolina

Brought to you by **Where We Live**

www.wherewelivenc.com

Mail registration form and fees to Where We Live, c/o Race Director, P.O. Bo 10058, Southport, NC 28461.