

May 22, 2010

Ashe County Parks and Recreation Gym (Family Central), Jefferson, NC

5k run start time: 9:00am

1-mile Fitness Walk start time: 9:15am

ASHE COUNTY SPRING CELEBRATION 5K RUN AND FITNESS WALK



**Celebrate
Fitness in
Ashe
County!**

Course: 5k course is combination rolling rural paved roads and walking path. Due to construction, fitness walk course will be announced on race morning.

Awards: Prizes for top three Male and Female finishers in the following categories: 19 and under, 20-39 and 40-54 and 55+. Awards will begin near 10am.

Post race snacks: complimentary snacks and beverages for all runners at completion of run and walk.

Door prizes will be announced near 10am.

Water: Water will be available at approx mile 2 of 5k course.

Entry Fees: Run: pre registered postmarked by 5/5/10: \$15.00, 5/6-race morning: \$20.00. Middle school and high school students pre-registered by 5/5/10: \$10.00. Fitness walk: postmarked by 5/5/10: \$10.00, after: \$12.00. Entry fees are non refundable. Checks payable to Ashe County 5k. Mail to 626 Ashe Central School Rd, Unit 16 Jefferson, NC 28640

Forms online at: <http://www.littleshealthandfitness.com> and at area running stores, fitness centers and outfitters beginning on or before 3/15/ 2010.

All pre-registered runners are guaranteed t-shirts. Runners registering after 5/5 will receive them until we run out. "girl shirts" and "unisex" see below.

For more information: Rita Prevette, Ashe Co Parks and Recreation, 336-982-6185 (office), ritaprevette@ashecountygov.com and Annette Bednosky, 336-620-2986, annettebednosky@gmail.com

Address and driving directions to start: Ashe County Parks and Rec. 626 Ashe Central School. Rd, Unit 16, Jefferson, NC 28640

From Boone: 421 S to Deep Gap. L on 221 N through Jefferson. L on Hwy 16/221. After approx 1.2 mile R turn on Ashe Central School Rd for .5 of a mile look for parking directions.

From Wilkes and points South: near Yadkinville/Winston-Salem: Go 421 N to Deep Gap and see above-but turn R on 221/16 N.

From Alleghany: best to check mapquest.com...from Sparta Hwy 88 to Jefferson at junction of 221/16 N. After approx 1.2 mile R turn on Ashe Central School Rd for .5 of a mile look for parking directions.

Proceeds will benefit:

- 1) A new scholarship fund to benefit Ashe County residents (adults and youth) pursuing fitness/health/adventure goals. More info on applying for this will be available race day.
- 2) Funds will also go to Ashe County Parks and Recreation to support continuing recreation and fitness opportunities in Ashe County.

Make checks payable to: Ashe County 5k Run
Mail to: Ashe County Parks and Recreation, 626 Ashe Central School Rd, Unit 16, Jefferson, NC 28640.

Last Name _____ First Name _____ Birthday _____
Age on RACE DAY _____ Male _____, Female _____
Address _____ City _____
State _____, Zip _____, home phone _____, email: _____

Shirt size: W's XS____, W's S____, W's M____, W's L____, W's XL____ M's S ____ M's M ____ M's L ____ M's XL ____ M's XL____ M's XXL____

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 decision of a race official relative to my ability to safely complete either event. I assume all risks associated with running/walking in this race, including, but not limited to falls, contact with other participants, effects of weather, traffic, and all such risks being unknown and appreciated by me. Having read this waiver and knowing these facts, and in consideration of you accepting my entry, I waive release, and will hold harmless the Ashe County Parks and Recreation, County of Ashe, City of Jefferson and all race organizers and sponsors, agents, employees, officers, directors and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this race. I grant the race organizers my permission to use any images taken of me in further publicity or advertising.

Signature (parent if under 18 years of age)

Date