

# Millbridge 5K

( Please print legibly )

By March 20      March 24

\_\_\_\_ 5K RUN                      \$20              \$25

\_\_\_\_ 1/2 mile Fun-Run \$10              \$10

Name \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Age March 24 \_\_\_\_\_

\_\_\_\_\_ Male      \_\_\_\_\_ Female

Shirt Size ( circle one)

Adult: XS S M L XL XXL

Youth: S M L

Please make entry fee payable to :

**Millbridge Elementary PTA**  
**155 Ed Deal Road**  
**China Grove, NC 28023**

Participation Waiver: In consideration of acceptance of this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Millbridge Elementary School, Salisbury Rowan Runners, and all sponsors, contributors and their representatives, successors and assignees for injury or illness which may result from my participation. I attest that I am in proper physical condition to compete in this race and understand the risks associated therewith. I also give my permission for the administration of medical aid in the case of emergency. I further give my permission for the free use of my name, voice recording, or picture in any broadcast, telecast, or any other account of this event for any legitimate purpose. I understand that if the race is cancelled of circumstances beyond the control of the race committee and sponsors, including, but not limited to hazardous weather conditions or government ban, my entry fee will not be refunded.

\_\_\_\_\_  
 Signature(Parent/Guardian must sign if under 18)      Date



Lazy 5 Vets are proud to sponsor the Millbridge 5K. At Lazy 5 Vets, we believe that supporting our community is much more than providing high-quality pet care. It's about reaching out, partnering and working together with local schools, businesses and civic groups to create a healthier community together. Good luck to all runners!



Millbridge Elementary PTA  
 c/o Claire Watts  
 155 Ed Deal Road  
 China Grove, NC 28023

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# MILLBRIDGE ELEMENTARY SCHOOL 5K AND 1/2 MILE FUN RUN



Sponsored By:



## When and Where

Saturday, March 24, 2012 at Millbridge Elementary School

-Ed Deal Road just off of Millbridge Road

1/2 mile Fun Run 9:50 am

5K 9:00 am

### HEADPHONES ARE DISCOURAGED

### RACE COURSE

5K starts in front parking lot of Millbridge Elementary school and ends in the same place.

### REGISTRATION

Early registration through March 20, 2012 on line at <http://www.sportoften.com>

Mail: entry forms must be postmarked by March 20, 2012

\$20 - 5K ( all ages )

\$10 - 1/2 mile Fun Run

### RACE DAY REGISTRATION

Register from 7:00 am to 8:45 am at the race site on March 24, 2012.

\$25 - 5K ( all ages )

\$10 - 1/2 mile Fun Run



## TIMING

5K Timing and Scoring will be done by Salisbury Rowan Runners.

Fun-Run all participants will receive a medal.

## SHIRTS

-Great looking Short Sleeve Technical T- Shirts.

-T-Shirts to all pre-registered Fun Run participants.

## AWARDS

### 5K RUN

Top 3 Overall Male & Female Runners  
3 Deep Age Group Awards, Male & Female

### 1/2 MILE FUN RUN

Top 3 Overall, Age 12 and Under  
Medals to all other Fun Run Finishers

Overall Winners not eligible for Age Group Awards

Awards will not be mailed.

Please make arrangements to pick up.

## AGES

### 5K RUN

11 & Under, 12-14, 15-19, 20-24,  
25-29, 30-34, 35-39, 40-44, 45-49,  
50-54, 55- 59, 60-64, 65-69, 70 & Over.

## PRIZES

Trophies for top three overall male & female finishers

Medals for top three finishers in each male & female age groups

## OTHER INFORMATION

Parking is available on site at Millbridge Elementary School

Race will take place

**RAIN OR SHINE**



Packet pick-up will be Race Day ONLY. Saturday, March 24, 2012 at Millbridge Elementary School.

**Packet pick up will begin at 7:00 am.**