

HEALTHY PARKS, HEALTHY YOU 5K FUN RUN/WALK (This event is NOT timed)

Saturday March 12, 2016

Check in begins at 8:30 a.m. Race starts at 10:30 a.m.

Buncombe County Sports Park

58 Apac Circle, Asheville, NC 28806

\$12.00 Adults / \$7.00 Children ages 4 – 15

Mail-in through March 1st Onsite Day of race 8:30 a.m.-10:00 a.m.

RAIN DATE SATURDAY MARCH 19, 2016

*Let this Spring event inspire **you** to think about making Healthy choices for **you** and your family!
Join your friends and neighbors as we run or walk at the beautiful Buncombe County Sports Park. The 5K Fun Run/Walk will begin at 10 :30 a.m. Walkers are welcome to bring baby joggers to this event. For everyone's safety no dogs or bikes will be allowed on the course during the event.*

Healthy Parks, Healthy You 5K Fun Run/Walk • Saturday, March 12th, 2016 • 10:30 a.m.

Return forms and payment to: Buncombe County Recreation Services, 67 Haywood St. Asheville, NC 28801

Name: _____ **Gender:** F or M **Age on Race Day:** _____

Address: _____

Street

City

State

Zip

E-mail: _____ **Phone Number:** (____) _____

T-Shirt Size (Adult Sizes, please specify if child size is needed) (circle one): XS S M L XL XXL 3XL *

***Registrations received after March 1st and on the day of the race will not include a T-Shirt.**

Payment Information (circle one): CASH or CHECK (\$12 Adults/\$7 Children age 4 – 15)

Please make checks payable to Buncombe County Recreation Services

LIABILITY WAIVER MUST BE SIGNED TO PARTICPATE IN HEALTHY PARKS, HEALTHY YOU 5K FUN RUN/WALK.

I recognize that running is a potentially hazardous activity. I have read the event flyer and am familiar with the course, procedures, and rules. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of officials relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, effects of weather (including cold, snow, and/or ice, high heat and/or humidity), traffic and road conditions, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers of the 2016 Healthy Parks, Healthy You 5K Run/Walk, its directors, officers, staff and volunteers, the county of Buncombe and its employees from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. For runners safety, I understand that bicycles, scooters, and roller blades are prohibited.

I ALSO UNDERSTAND THAT THERE ARE NO REFUNDS FOR THIS EVENT.



Signature of Participant: _____

(Parent or guardian if under 18)