

ENTRY FORM

CHECK ONE: 5K FUN RUN

Name: _____

Address: _____

City: _____

State/Zip: _____ Phone: _____

Email: _____

Age on 03/10/2010 _____ Birthdate: _____

Sex: M F

T-Shirt Size (5K only):

Children S M L

Adult S M L XL

All applicants must sign waiver!

Waiver: Upon acceptance of this entry, I, for myself, my heirs and assigns, hereby release the sponsors, officials and volunteers of the Cubs on the Run Event; Meadowbrook Elementary School; Meadowbrook Elementary School PTO; Haywood County Schools; Haywood Regional Medical Center; State of North Carolina; Haywood County, NC; and all participating businesses and organizations from any and all liability arising from illness, injury, or death I may suffer as a result of my participation in this event. I attest that I am physically able and have sufficiently trained for this event and am aware that participation in this event could result in physical injury. Should officials determine that completion of the event would be injurious to my health, I consent to be removed from the event and treated by designated medical personnel. I agree to accept the decisions of the officials as final. I also understand that wheeled vehicles-including bicycles, skates, and scooters; as well as animals are prohibited from the course. Strollers are allowed.

Signature: _____

Date: _____

Parent/Guardian: _____
(if under 18 years old)

MAIL OR RETURN ENTRY FORM WITH PAYMENT TO:

Meadowbrook Elementary School PTO
85 Morning Star Road
Canton, NC 28716
(828) 646-3445



Purpose

The Meadowbrook Cubs on the Run 5K and Fun Run was created to help bring light to the growing problem of childhood obesity through providing an activity for children and adults. To encourage children to run simply for the fun of it and for the development of healthy bodies and sharp minds.

Did you know.....

- 40% of students in Haywood County Elementary Schools are overweight and/or obese. ~same as last year
- 65 students are morbidly obese, down from last year's 72.
- 60% are at a healthy weight and/or underweight.

(statistics provided by Haywood County Health Department 2009 BMI Data Haywood County Elementary Schools Overall Statistics)

Can we help to reverse this trend and help increase the percentage of students at a healthy weight?

~A portion of the proceeds will be donated to Meadowbrook Elementary School Physical Education Department.

Please join us as a runner, walker, volunteer, sponsor, spectator or cheerleader for this great event.

For more information, please call:

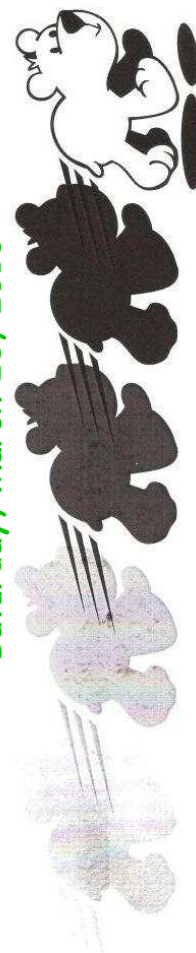
Meadowbrook Elementary School PTO:

(828) 646-3445

<http://teacher.haywood.k12.nc.us/bswanger/>

Meadowbrook Cubs on the Run 5K and Fun Run

Saturday, March 20, 2010



To help bring light to the growing problem of childhood obesity.

Our Events

THE 5K RUN/WALK

This race is open to runners and walkers of all ages. The 5K race will begin and end at Meadowbrook Elementary School. The course is a moderately hilly track on Kim's Cove Road and Highway 110. There will be water stations along the course.



THE CUB FUN RUN/WALK

Everyone is encouraged to come run or walk. This event is designed for young children, non-athletes and those who cannot participate in the other events but would like to be involved. The entire course will be located on Meadowbrook Drive and Meadowbrook Elementary School property and covers less than a mile. Each participant will receive a recognition token.

Entry Fees

THE 5K RUN/WALK

\$15 early registration;

FREE T-shirt for First 100 entries

\$20 after March 5, 2010

THE CUB FUN RUN/WALK

\$5 kids 12 and under register anytime

\$10 registration anytime

Schedule

SATURDAY, MARCH 20

- | | |
|------------|--|
| 7:30 a.m. | Registration/Packet Pick-up-
Meadowbrook Elementary Gym |
| 9:00 a.m. | 5K Starts |
| 10:00a.m. | Fun Run Starts |
| 10:30 a.m. | 5K Awards Ceremony |

All races start and finish at Meadowbrook Elementary School.

For Directions to Meadowbrook Elementary School Visit:

<http://www.mes.haywood.k12.nc.us/>

~Choose Directions to our School

Awards

5K RUN/WALK

~Trophies will be awarded to the top male and female overall finishers. Age group medals for male and female will be awarded for the first, second, and third in the following age groups:

Children in Grades: K-2, 3,4, and 5.

Age 12-19, 20-29, 30-39, 40-49, 50-59, and 60 & over.



Information

For race questions ,to volunteer, or sponsor please call (828) 646-3445, or go to <http://teacher.haywood.k12.nc.us/bswanger/>

MAKE CHECKS PAYABLE TO:

Meadowbrook Elementary PTO

MAIL TO: Meadowbrook Elementary PTO

85 Morning Star Road
Canton, NC 28716

DROP OFF: Meadowbrook Elementary School