he Friends of the Lake 5K Run/Family Walk is a charitable event to support the recreation opportunities of Lake Junaluska. 100% of the proceeds for this event go towards the annual maintenance and improvement of the recreation areas at Lake Junaluska.

This year's 5K Run/Family Walk is part of a new initiative to raise money to support the recreational opportunities at Lake Junaluska. This program is called the Friends of the Lake. By participating in this year's Friends of the Lake 5K/Family Walk, you will also become a member of the Friends of the Lake program.

The annual cost of maintaining the grounds and recreation facilities at Lake Junaluska is over \$250,000.

If you have questions, comments or would like to donate, please contact the Development Office at (828) 454-6680 or developmentoffice@lakejunaluska.com

lakejunaluska.com/friends-of-the-lake





# REGISTRATION

Friends of the Lake 5K, Family Walk & Fun Run

Lifting i Oilli
Name:
Address:
City:
State:Zip:
Phone:()
Email:
Sex: Male Female
Age on 4/4/15:
Birthdate:
Event Entering: 5K Walk Fun Run*
Shirt size: S M L XL (Applies to 5K & Family Walk)
*Fun Run for ages 10 & Under (FREE)
WAIVER: Upon acceptance of this entry, I for myself, my heirs and assigns, hereby release the sponsors, officials, and volunteers of the Friends of the Lake 5K & Family Walk 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 are prohibited from the course. I give my permission for free use of my name and picture in any broadcast, telecast, or written account of this event. I also understand that the entry fee is NON REFUNDABLE FOR ANY REASON.
Signature of Runner
Parent/Guardian if Under 18 years of age
Date

### ENTRY FEE

#### Runners/Walkers

Early registration: Until February 27, 2015 \$2	O
Pre-registration: Feb. 28 - April 3, 2015\$2	5
Event day registration: April 4, 2015\$3	0
Students (11-18): April 4, 2015\$1	5
Group of 8 or more: Until April 3, 2015\$2 (registrations must be received together)	0

Checks payable to Lake Junaluska Assembly

T-shirts will be given to those who pre-register for the 5K or Family Walk by **March 20, 2015**.

# RACE DAY REGISTRATION/SIGN-IN

April 4, 2015, 7:00-8:00am Nanci Weldon Open Air Gym

unaluska • Lake Junaluska • Lake

### Race will begin at 8:30am.

Family Walk will immediately follow at approximately 8:35am. Kids Fun Run will begin at 9:30am.

This event is chip timed by Right on Time Productions

#### **REGISTER ONLINE:**

http://www.imathlete.com/events/FriendsoftheLake5K

#### **MAIL COMPLETED FORM TO:**

Lake Junaluska Conference & Retreat Center Attn: Melissa Aldridge PO Box 67 Lake Junaluska, NC 28745

#### **REGISTER IN PERSON:**

At the Bethea Welcome Center.

## **COURSE**

The course for both the 5K and Family Walk will begin and end at the Nanci Weldon Open Air Gym. Kids Fun Run will be in the grass lot adjacent to the gym.

### **AWARDS**

The awards ceremony commences upon the end of the race. Awards will be given to the top three male & female winners in each age category.

#### **Age Categories:**

12 years & Under 13-16 17-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75 & Over

Door prizes will be awarded upon conclusion of the race.

#### **INFORMATION**

For details and results: www.lakejunaluska.com/run

Development Office at (828) 454-6680 or developmentoffice@lakejunaluska.com

For everyone's safety no pets, strollers, skates or bikes will be allowed during the 5K Run.

