



4th Annual Meadowbrook Cubs on the Run 5K

Saturday, March 23, 2013

5K and Fun Run Entry Form (one form per person)

Name: _____

Address: _____

City: _____

State/Zip: _____ Phone: _____

Email: _____

Age on 03/23/2013 _____ Birthdate: _____

Sex: M F Grade (for students) _____

Fun Run \$5 kids 12 and under / \$10 age 13 & older

5K \$15 early registration before March 5, 2012;
\$20 after March 5, 2012

Total enclosed\$ _____

Make checks payable to Meadowbrook Elementary School

Mail completed form and payment to: 85 Morning Star Rd Canton, NC 28716

T-Shirt Size (5K only): Free T-shirt for First 150 entries
To guarantee size, form must be received by March 5th

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; MedWest; 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)

4th Annual

Meadowbrook

Cubs on The Run

5K and Fun Run & Health Fair

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



Saturday, March 23, 2013

85 Morning Star Road Canton, NC 28716

Presented by:



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

For more information, please contact:

Meadowbrook Elementary School (828) 646-3445

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

Events

THE 5K RUN

FREE T-shirt for First 150 entries

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.

\$15 early registration before March 5, 2013

\$20 after March 5, 2013

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.

\$5 ~ kids 12 and under register anytime

\$10 ~ age 13 & older register anytime

5K Awards

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-1, 2, 3, 4, and 5.

Age 12-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 & over.

~Awards will not be mailed~

Schedule

FRIDAY, MARCH 22

3:00-5:00pm Pre-Race Packet Pick-up- Meadowbrook Elementary School

SATURDAY, MARCH 23

7:30 a.m. Registration/Package Pick-up- Meadowbrook Elementary School

8:30 a.m. Fun Run Starts

9:00 a.m. 5K Starts

***For traffic control reasons, anyone not to highway 110 within 20 minutes after 5K starts will be re-routed back up Kims Cove Road to Skyline Drive: it will be the same distance.

Awards Ceremony starts immediately following 5K in the gym

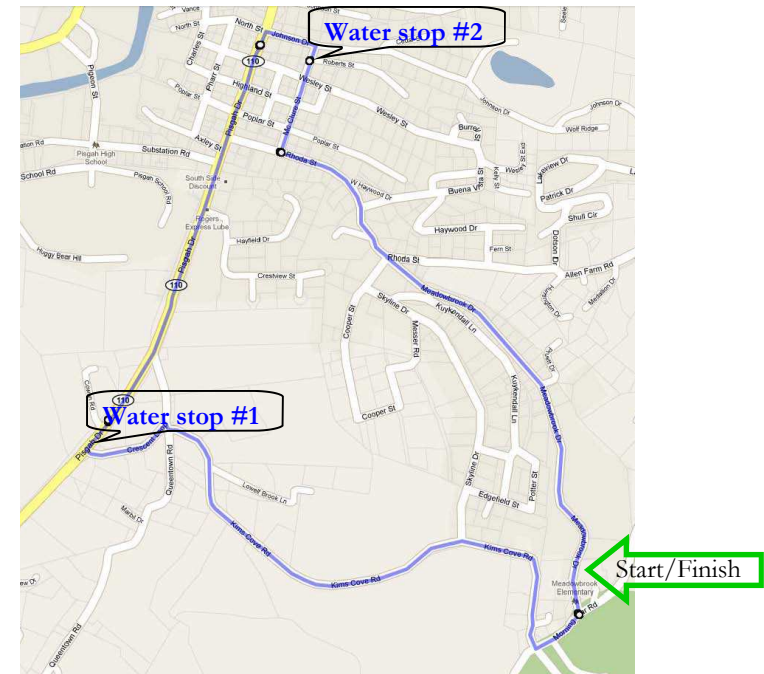


Purpose

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.

Proceeds will be used by Meadowbrook Elementary School PE Department to continue running club and provide programs to keep children active.

5K Course



Meadowbrook Health Fair

The Meadowbrook Health Fair is a health and wellness expo for the Haywood County area. This is a **FREE COMMUNITY EVENT** that will increase awareness of all forms of healthcare and healthy living opportunities that are available to all residents of the area. If you would like to have a display please contact Meadowbrook Elementary 646-3445.

For Directions to Meadowbrook Elementary School Visit:

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

~Choose Directions to our School