

# Railtrail 5k RUN/WALK for CARENET

## April 26th on the Dunn-Erwin Railtrail at 2:30 pm

Join us on April 26th for our 6th Annual Railtrail Run/Walk for CareNet! This certified 5K course runs through the countryside along Black River and into Downtown Erwin. The course is essentially flat and straight so consider coming out to break your personal record! The run is followed by healthy snacks, drinks, and awards. All proceeds are used to support counseling services provided by CareNet Counseling Central Region. Help us expand the capacity to provide support to people dealing with difficult circumstances in troubled times regardless of their financial circumstances.

**Course:** This course is entirely run on a railtrail with markers along the way. The course is registered with USA Track & Field (certification: NC-10001-PH).

**Events:** 5K and 1-mile Kid's Fun Run. The 5K starts at 2:30 and the Kid's Run immediately after the 5K (approximately 3:30PM)

**Awards, 5K:** Top 3 Male and Female overall, and the top 3 M+F in each of following age groups: 8-11, 12-15, 16-19, 20 - 29, 30-39, 40-49, 50-59, 60-69, 70+

**Awards, Kids' Mile:** Top Boy and Girl in the following age groups: 4 & Under, 5-6, 7-8, 9-10, 11-12

**Registration:** Opens at 1:30 in the parking lot adjacent to the railtrail. Parking for participants will be in the Erwin Business Complex Parking Lot (200 N. 13th Street) 1 block from Registration/Finish Line. (Look for directional signs) Registration ends at 2:15. Shuttles will transport runners/walkers to starting site from the registration site.

**Entry fees:** \$25 pre-registration, mailed by April 17th, \$30 after and on race day. 5K entry fee for youths 18 and under is \$15. Kid's 1 Mile Fun Run is \$10. T-shirts are guaranteed only for pre-registered participants.

**Timing and scoring:** Electronic chip timing by Run the East. Results will be posted at [www.runtheeast.com](http://www.runtheeast.com)

**More information:** Contact [info@dunntourism.org](mailto:info@dunntourism.org) or 910-892-3282.

### Entrant Information

First Name:	MI:	Last Name:	Birthdate: ____/____/____	Gender: M or F	Age:
Mailing Address:			City:	State:	Zip:
Phone:		Email Address:			
T-Shirt Size (circle one; only guaranteed for pre-registrants): Youth:   M   L      Adult:   S   M   L   XL   XXL			Event: Please circle event 5K-Adult   /   5K-Youth   /   Kids Run-1M		

### Entrant Release

**No pets, skates, skateboards, or bikes are permitted.** Portable music players allowed but discouraged. I acknowledge that running events can be a hazardous activity, and I and my heirs, executors, administrators, and assigns do hereby release the organizers, sponsors, all race personnel, Run The East Timing Co. and CareNet Counseling Central Region from responsibility for any damages suffered by me as a result of my participation in this event. I also attest that I believe I am healthy and fit enough to safely participate in the event on April 26, 2015 and that I will take full responsibility for my own safety before, after, and during the event. I also give permission for the free use of my name and picture to any broadcast, telecast, or written account of the event.

Entrant  
Signature:      X \_\_\_\_\_      Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent/Guardian  
Signature (if  
entrant is under 18):      X \_\_\_\_\_      Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Make checks payable to **CareNet Counseling Central Region** with memo entitled Railtrail Participant and mail with completed entry form to CareNet, 400 Denim Drive, Erwin, NC 28339. *Do not mail after April 17<sup>th</sup>, just bring to the race.*