

FOR NATURE 5K RACE

June 14, 2014
Race Starts at 8:30 AM

Location:

JDL Fast Track
Winston Salem, NC

Registration and Packet Pick-Up:

June 13, 2014
4 to 7 PM OMEGA SPORTS
414 S Stratford Rd, Ste 120
Winston Salem, NC 27103
Race Day
7:00 to 8:15 AM
JDL Fast Track

Entry Fees:

Fun Run \$25.00
5K
\$25.00 Until May 7th
\$30.00 Until June 7th
\$35.00 After June 7th

Race Includes:

NEW Custom Designed Tech T-Shirt
Post Race Refreshments

Questions:

Call Tom Pritchard
(336) 766-1628
pritchtg@bellsouth.net

Course:

Starts on an indoor track, travels through Stratford Industrial Park and ends on the track.

PLEASE bring 3 cans of food for the Clemmons Food Pantry. Let's feed the hungry

Awards Ceremony:
Upon completion of Race by all Runners
Presentation to

Top Three Males
Top Three Females
Age groups: 10 and under, 11-15, 16-19,
20-24, 25-29, 30-34,
35-39, 40-44, 45-49, 50-54, 55-59, 60-64,
65-69 and 70 over.
No duplicate awards.

The Rotary Club of Clemmons donates 100% of the profits to our many local charities

- Jerry Long YMCA**
- Clemmons Food Pantry**
- College Scholarship Program**
- Camp Hanes**
- Cancer Services**

for additional information

go to Facebook or
clemmonsrotary5k.com
or

active.com/ search word: [clemmons](http://clemmons.com)

Application
Clemmons Rotary 5K
Complete & Return to: Clemmons Rotary Club, P.O. Box 1776, Clemmons, NC 27012
Phone: Tom Pritchard (336) 766-1628 Make checks Payable to : Clemmons Rotary Club Race
Entry Fee: Fun Run \$25.00, 5K \$25.00 through May 7, \$30.00 thru June 7, \$35 thereafter

Name: _____ Address: _____
City: _____ State: _____ Zip: _____ I am enclosing \$ _____
Date of Birth: _____ Age Race Day _____ Sex: _____ Tech-Shirt Size: xs S M L XL XXL
Emergency Contact (Name & Phone): _____
E-mail Address: _____

WAIVER: I know that running a road race is a potentially hazardous activity. I would not enter and run unless I am Medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this run. I assume all risks associated with running in this race, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and humidity, traffic and the conditions of the road, 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 for whom I am entitled to act, waive, release, and will hold harmless the Clemmons Rotary Club, all other sponsors, and all the events, employees, officers, directors and volunteers working for those entities from all claims and liabilities of any kind, including claims of negligence, arising out of or related to my participation in this race. I understand that I may not wear headphones or use or participate in the race with a dog, baby jogger or bicycle.

Signature of Entrant: _____
Signature of Parent or Guardian if Under 18: _____
Date: _____
Date: _____