

FOLD

FOLD



9th Annual Run for MERCI 10K Run & 5K Run and Fitness Walk

Saturday, May 30, 2009

Registration: 6:30am – 7:15am

Race Begins: 7:30am



Location:

Union Point Park is located at the corner of Front Street and South Front Street in downtown New Bern. Parking is located nearby, but will not be permitted in the park. The 5K and 10K courses are flat, fast asphalt.

The Run for MERCI is the kickoff event for Neuse River Day.

Entry Fee:

Before May 19th: \$20
After May 19th: \$25
T-shirt for non-participant: \$10

Awards & Prizes:

The awards ceremony will follow the race. All runners must be chip-timed to be eligible for an award. Trophies will be presented to the top three overall males and females. Medals will be presented to the top three males and females in each age division. The courses are USAT&F certified.

Age Division:

0-14 15-19 20-29 30-39 40-49 50-59 60+

Play Date:

Play Date will open at 6:45am at the Glenburnie Road location. Call in advance for reservations (633.5557).

Get Involved:

We are looking for volunteers and donations that will help make this a successful race to benefit the MERCI Clinic. If you would like to volunteer or donate, please contact Inglis Walsh:
email: inglis@walshs.org || phone: 252.671.2716

Register Online at: www.active.com

Or Make Checks Payable To:

CPJ Medical Alliance c/o Inglis Walsh
4202 N. Rivershore Drive
New Bern, NC 28560

Registration Form:

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____

EMAIL ADDRESS _____

DOB: ____ / ____ / ____ Age: _____ Gender: _____

- 5K Run \$20
- 10K Run \$20
- Extra T-shirt \$10
- Donation Only
- 5K Run (after May 19th) \$25
- 10K Run (after May 19th) \$25
- T-shirt Size*: S M L XL
- (*T-shirts are short sleeve, 100% cotton.)

Waiver & Consent:

I understand that this is a strenuous activity and I certify that I am physically fit. In consideration of being permitted to participate in the MERCI 10K Run and 5K Run and Fitness Walk, I individually for myself, my heirs, personal representation, next of kin, covenant not to sue the officers, directors, advertisers, and their heirs, administrators, and next of kin. Furthermore, I hereby release, waive, and discharge the right to demand action or right of action of any kind of nature arising from by reason of any bodily injuries, known or unknown, death, and/or property damage resulting from or to result from an occurrence with the events whether negligent or not. I, individually, assume full responsibility for and assume the risk of bodily injury, death, and property damage while competing, officiating, working, or for any purpose participating in the MERCI 5K Road Race.

SIGNATURE OF COMPETITOR _____

PARENT SIGNATURE (IF UNDER 18) _____

____ / ____ / ____
DATE



FOLD

FOLD