



Doc Chey's
Noodle House

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peace

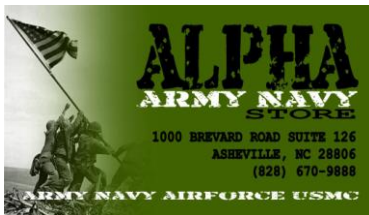
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Jus' RUNNING



Asheville, NC



**North Carolina
Outward Bound**
www.NCOutwardBound.org

Earth School 10TH Annual Dupont Forest 12K Trail Race

To benefit Friends of Dupont State Forest

Location: Dupont State Forest between
Brevard and Hendersonville, NC
DATE: 03/27/2010
Time: 10:00 AM

Our title sponsor "Earth School" will demonstrate various
outdoor skills during the race(for spectators/kids) including
a wild and edible plant walk and nature awareness exercises
.....fun for the whole family.

Preregister by: 03/26/2010

12K=7.4 miles

Entry Fees:

\$25 for pre-registered runners

\$30 for day of race registration

Short Sleeve Wicking Shirts first 250 runners

Make checks payable to: Jus Running

Name: _____

Address _____

Phone _____

T-shirt Size: S M L XL

Sex: M F

Age on race day _____

Optional: Email: _____

Awards: 1st 3 Overall Men and Women

1st Masters overall Men and Women

Age Groups: 14&Under, 15-18, 19-24,

25-29, 30-34, 35-39, 40-44, 45-49,

50-54, 55-59, 60-64, 65-69, 70-74,

76&Over

Send to OR drop by:

Jus Running

523 Merrimon Ave

Asheville, NC 28804

828-252-7867 OR jusrunning.com

By providing my email address, I am welcoming emails to my inbox from
Jus Running and the Dupont 12K race organizers.

_____ Check here to get updates on the race only and do not want
to be on Jus Running email subscriber list.

In consideration of the entry, I for myself, my heirs, and assigns, hereby release the sponsors, race workers, and officials of this race from any and all liability arising from illness and damages I may suffer as a result of participation in such event. I attest that I am physically fit and have sufficiently trained for this event and am aware that participation in any of these events could, in some circumstances, result in severe soreness or injury. I also give permission for free use of my name and picture in any broadcast/telecast or written account of the event. I understand that the entry fee I pay is Non-Refundable. Should road race officials determine that the completion of this event would be injurious to my health, I consent to be removed from the course and treated by the physician in attendance or of their direction.

Signature : _____

Signature of parent if under 18 years of age: _____