

The 11th Annual Mountain Lakes 5-K Highlands, North Carolina May 1, 2010 – 10:00 a.m.



The Town

Located only two hours from either Atlanta or Asheville, the Town of Highlands is a resort community that has long been an exclusive destination for those visiting the Southern Blue Ridge. The average elevation is 4118 feet, and the cool summers and unparalleled scenic beauty have attracted visitors since it was settled in the 1880's. Many of the older churches, inns, and summer homes are listed on the National Register, and the quaint downtown business area features fine shops and gourmet restaurants. Quiet, tree-lined neighborhoods extend from Main Street up the slopes of nearby mountains and around the shores of jewel-like lakes.

The Race

The Highlands Roadrunners Club's **11th Annual Mountain Lakes 5-K** will be held on **Saturday, May 1, 2010**. Organized by and for runners, the race will use the same exciting course inaugurated several years ago – gently-rolling, mostly on pavement but partly on unpaved roads, winding past venerable moss-covered rock walls, laurel thickets, quiet homes, and two beautiful lakes.

Registration

The entry fee is \$15.00 if received by April 23. Those who pre-register are guaranteed a specially-designed T-shirt. Race day registration is \$20.00, and begins at 7:30 a.m. at Race Headquarters, the Highlands Civic Center on North Fourth Street (US-64). The race will start promptly **at the new starting time of 10:00 a.m.** on Fourth Street, immediately in front of the Civic Center. Parking, restrooms, and showers are available. Sports drink and fruit will be provided. More info: 828-526-5213 evenings, 828-200-9279 days.

Awards

Trophies will be awarded to the overall male and female, masters male and female, and in the following age categories, three deep: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80 & over.

The Highlands Roadrunners Club is a non-profit corporation promoting running and fitness in the Highlands area, and is a member of the Road Runners Club of America. Proceeds from the race will benefit local fitness programs and scholarships.

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Name

Address

City State Zip E-mail

Male Female T-Shirt Size: Medium Large X-large Age on May 1: _____

I realize that running in a race is a potentially dangerous activity, and that I should not participate unless I am medically able and properly trained. I assume all risks associated with running in this event, and I hereby waive and release the Town of Highlands, the Highlands Roadrunners Club, the sponsors, and any other persons assisting in this event from claims or liabilities of any kind arising out of my participation in this event.

Signature (Parent or guardian must sign if participant is under 18)



Pre-registration Entry Fee is **\$15.00** – Payable to:

Highlands Roadrunners Club Inc. - P. O. Box 966 - Highlands NC 28741

