



JCC Falafel 5K

To celebrate Israel's 62nd Independence Day - join us for our Third Annual Falafel 5K Run/Walk and Camp Ruach Fun Run. This year our fun, family-oriented race will begin and end at the Asheville Jewish Community Center.

Everyone's a Winner!

Free falafel sandwich and Tec-Shirt will be offered to the first 250 registered 5K runners! You earned it, and Goldie's delicious falafel is just a short stroll away at Congregation Beth Israel's Sixth Annual Celebration Israel on Murdock Avenue



Camp Ruach Kids Fun Run

campruach
Find your friends here.

Kids of all ages are welcome to join us for our super fun Camp Ruach Kids Fun Run at Weaver park. Run begins at 1:30 pm. The Camp Ruach Kids Fun Run will be held entirely within the greenway trails of Weaver Park. Along the way there will be obstacles, bubbles, decorations, and excitement! All participants will receive an awesome hat, a free bounce house ticket, and a delicious healthy snack from our friends at Earth Fare. Come early and stay after for Celebration Israel! *Presented by High Touch High Tech.*

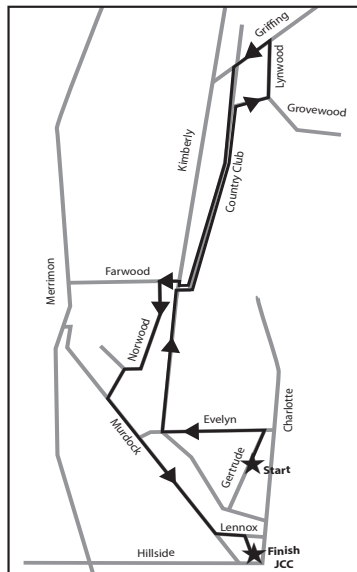


Celebration Israel

To honor Israel's 62nd birthday, Congregation Beth Israel is hosting this festival of Israeli culture, featuring all manner of Israeli food for sale, a Jerusalem

market, Israeli music and dancing, arts and crafts booths, and more! Celebration Israel is a fun-filled, family friendly event on Sunday, April 18th from 11:00 am - 4:00 pm at Beth Israel, 229 Murdock Avenue.

Course Map



Race Information and Registration

www.jcc-asheville.org
or www.active.com

or contact Natalie Kramer
(828)253-0701, ext. 108
natalie@jcc-asheville.org

This event benefits the scholarship funds of the Asheville JCC programs

Don't miss Congregation Beth Israel's



11:00 am - 4:00 pm
at 229 Murdock Avenue



You belong here.™
www.jcc-asheville.org

MISSION HEALTH SYSTEM'S
Lighten Up **4** Life

Asheville JCC Falafel 5K

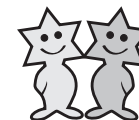


Asheville, North Carolina
04:18:10

5k run/walk at the Asheville JCC
(ATC Grand Prix Series Race)

Sunday, April 18, 2010

10:00 am race start • 236 Charlotte Street



Camp Ruach Kids Fun Run

at Congregation Beth Israel's Celebration Israel

1:30 pm - kids of all ages
Weaver Park, 200 Murdock Ave.



You belong here.™
www.jcc-asheville.org

Registration

Forms may be downloaded at www.jcc-asheville.org or register online at www.active.com. Race day registration begins at 8:00 am at the Asheville JCC. Race day registration for the Fun Run begins at 11:00 am at the Camp Ruach Booth at Celebration Israel, 229 Murdock Avenue.

5K Packet Pickup

Friday, April 16th, 4:00 - 6:00 pm
Sunday, April 18th, 8:00 - 9:30 am

Asheville JCC, 236 Charlotte Street

Kids Fun Run Packet Pickup

Sunday, April 18th, 11:00 am - 12:45 pm

Celebration Israel, Camp Ruach Booth
229 Murdock Ave.

New for 2010

New course and new Sunday morning time! First 250 5K runners/walkers will receive a Tec-Shirt and falafel sandwich at Celebration Israel.

Age and Award Divisions

5K Run Only

Prizes will be awarded to the first finisher and runner-up overall (male & female) and to the top three in the following age groups:

12 & under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 & over.

We love our Volunteers

Interested in sponsoring or helping with the Falafel 5k? Contact Alan Feiler at feilera@yahoo.com.

Get Ready to Run the Falafel 5K Training

Join the fun and camaraderie as you get ready to run the Falafel 5K! Trainer Alison Goodman will lead us on a 6-week training program starting March 7th at 10:15 am -11:15 am at Weaver Park. Cost for this program is \$35.00 and includes your Falafel 5K race registration! Contact natalie@jcc-asheville.org for more information.

Thanks to our generous sponsors!

Presenting Sponsor



Power Bar Sponsors



Race Bag Sponsor

Asheville *eye* Associates

Fun Run Sponsor



Training Camp Sponsor



Running Shoe Sponsors

Able Rent-A-Jon; All About Outdoors; Arbor Care; Asheville Medicine and Pediatrics; Beth Ha Tephila; Carepartners Health Services; Charlotte Street Computers; David Seidenberg - Remax Advantage Realty; Earth Fare; Foot Rx; Glory Hound Events; Hands on Health; Jus' Running; Malaprops Book Store; McGuire, Wood and Bissette, PA; Mellow Mushroom; Perrin Todd Photography; Prestige Suburu; Ravenscroft Family Health Center; Slosman Corp; STJS Parties and Events; Weaverville Family Medicine; YWCA of Asheville

Warm-Up Sponsors

Advanced Dermatology and Skin Surgery; Alan H Shaw Company; Asheville Pizza and Brewing; Asheville Podiatry Associates; Biltmore Premier Fitness; Blue Heron Home Builders; Carl Whitt Century 21; Charlotte Street Animal Hospital; Cohen Family; Ellis Building and Renovation; Emma Bus Lines; General Insurance Services of Asheville; Great Beginnings Pediatric and Adolescent Dental Specialist; Holton Gas Services; Kaplan Early Learning Co.; Lee's Tree Service; Mail Management; Maxim Health Systems; Natural Nosh, LLC; Network Family Chiropractic; Pearlmans Carpets; Senior Care Consulting; Skyland Automotive; Teds Lawn Care; The Lechman Family; Wholesale Glass; Wyatt & Bowman Waste Container

Race Registration Form

Bib # (race staff only) _____

Sex: M F Age On Race Day: _____

Sign me up for the: 5K Kids Fun Run

Shirt Size (circle): S M L XL

(Tec-shirts & falafel will provided to first 250 registrants.)

Last Name: _____

First Name: _____

Address: _____

City: _____

State: _____ Zip: _____

E-mail: _____

Entry Fees

On-line registration \$23.00
at www.active.com

Mail-in registration. \$25.00

Register @ packet pick-up \$30.00

Day of Race \$35.00

Kids Fun Run (Mail in only) \$10.00

I am unable to participate, but want to support this event. Please accept my donation \$ _____

Please make checks payable to Asheville JCC, 236 Charlotte St., Asheville, NC 28801; or call Natalie at (828)253-0701 ext 108 to pay by credit card.

Upon acceptance of this entry, I for myself, my heirs and assigns, hereby release the Jewish Community Center of Asheville, Inc. and the sponsors, officials and volunteers of the Falafel 5K run from any and all liability arising from illness, injury or death I may suffer as a result of my participation in this event. I attest that I am physically able and have sufficiently trained for this event and am aware that participation in this event could result in physical injury. Should officials determine that completion of the event would be injurious to my health, I consent to be removed from the event and treated by designated medical personnel. I agree to accept the decisions of the officials as final.

Signature: _____