



# 33<sup>RD</sup> ANNIVERSARY



**1 Mile Fun Run / Healthwalk**

**Bakersville, NC**

**June 19, 2010**

ATC Grand Prix Event

**FootRx SFTC K&Q Series Event**

**Sponsor:**



**Co-Sponsors:**



Bakersville Community Medical Clinic, Inc.



## RHODODENDRON 10K

**Date:** Saturday, June 19, 2010

**Time:** 10K Starts at 8:30 A.M.  
1 mile starts at 8:00 A.M.

Due to course limitations, walkers in 1 mile only.

**Location:** Gouge School, Bakersville, NC

**Entry Fee / T-Shirts:**

**10K**

\$12.00 pre-registration postmarked by June 12th.

\$15.00 Race-day registration 7:00 A.M. until 8:00 A.M.

SFTC K&Q Event

\$1.00 Discount to SFTC Members

**Timing:** D-Tag electronic timing provided by



T-Shirts to all pre-registered.  
Race Day while supplies last

**1 MILE**

\$8.00 pre-registration postmarked by June 12th.

\$10.00 Race-day registration 7:00 A.M. until 8:00 A.M.

NO REFUNDS

**Make checks payable to:** Rhododendron Run

**Mail to:** Rhododendron Run  
3803 Fork Mtn. Rd.  
Bakersville, NC 28705

**Limitations:** Unregistered runners, unauthorized vehicles, roller blades, baby joggers/strollers, wearing headphones, running with dogs are strictly prohibited on the course in order to insure runner safety and to comply with liability insurance requirements.

**Information:** Mitchell Co. Chamber of Commerce  
(828) 765-9483

**Course:** USA T&F Certified 10 kilometer, out and back loop course. Moderately fast.

**Splits & Aid Stations:** Splits will be called at 1, 2, 3, 4, 5, and 6 miles. Aid stations will be positioned near the 1,2, 3, 4, and 5 miles.

**Facilities:** Restrooms available before and after the race. No showers available.

## CASH PRIZES & AWARDS

### Open Male/Female

1st - \$200.00  
2nd - \$150.00  
3rd - \$100.00  
4th - \$50.00

### Masters Male/Female

1st - \$100.00  
2nd - \$50.00

### Grandmasters Male/Female

1st - \$50.00

Overall winners not eligible for age-group awards

## 10K RECORDS

### Open

Male - Thomas O'Gara 29:21 (1995)  
Female - Monica O'Reilly 34:34 (1989)

### Masters

Male - David Greer 32:51 (1995)  
Female - Catherine Lempesis 38:23 (1992)

### Grandmasters

Male - Terry Vannatta 35:57 (1996)  
Female - Susie Klutz 44:02 (1992)

### Age Divisions:

10K top 3 M & F, 19 and under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65 and over

### 1 Mile:

1st overall M/F; 1st M/F 12-under, ribbons to all finishers.

Results: [www.runtricity.com](http://www.runtricity.com)

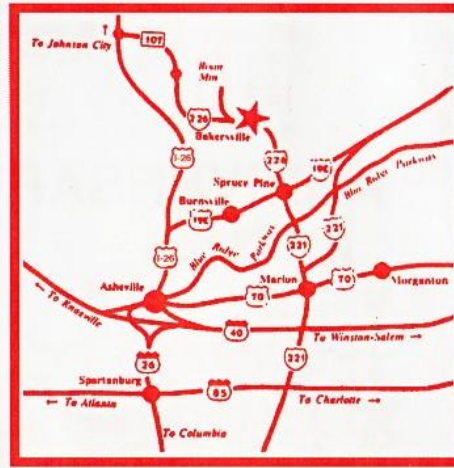
## POST RACE REFRESHMENTS PROVIDED BY:

Bojangles

ingles

Dr. Euf

Little Debbie Snacks



## DIRECTIONS

From Johnson City, TN  
Take I-26 East. Take exit 32 onto Unicoi Road, turn right. Go 3/4 mile to Rt. 107/226 to Bakersville.  
Approximately 55 minutes.

From Marion, NC  
Take Highway 226 N. to Spruce Pine.  
Left at the first light, then turn right at second light to Bakersville.  
Approximately 45 minutes from Marion, NC.

From Asheville, NC  
Take I-26 West. Take exit 9 onto 19E to Burnsville, NC. Left on Highway 197 to Bakersville.  
Approximately 65 minutes.

### Official Lodging:



1-828-765-6276  
Mention Rhododendron Run

## RHODODENDRON 10K ENTRY FORM

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ AS OF 6-19-2010 \_\_\_\_\_ Citizenship: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ T-Shirt Size: S M L XL Race - Check only one: \_\_\_\_\_ 1 mile or \_\_\_\_\_ 10K

Running Club: \_\_\_\_\_ Best 10K in Past Year \_\_\_\_\_

### RELEASE, WAIVER AND ASSUMPTION OF RISK

I know that running a race is a potentially hazardous activity. I should 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 the run. I assume all risks associated with running in the June 19, 2010 Rhododendron 10K, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me.

Having read this release and knowing these facts in consideration of your accepting my entry, I, for myself, and anyone entitled to act on my behalf, waive and release the Toe River Striders, We Run Events, all other sponsors of the race, their agents, any other persons assisting with the race, and their successors from all claims or liabilities of any kind arising out of my participation in the race even though that liability may arise out of my participation in the race even though that liability may arise out of negligence or carelessness on the part of the persons referred to in his waiver.

I grant permission for the use of any photographs, motion pictures, recordings, or other record of my participation in the race.

Signature of Runner

Signature of Parent or Guardian if under 18

IN CASE OF EMERGENCY CONTACT: \_\_\_\_\_

PHONE: \_\_\_\_\_