



3rd Annual Meadowbrook Cubs on the Run 5K

Saturday, March 24, 2012

5K and Fun Run Entry Form (one form per person)

Name: _____

Address: _____

City: _____

State/Zip: _____ Phone: _____

Email: _____

Age on 03/24/2012 _____ Birthdate: _____

Sex: M F Grade (for students) _____

- Fun Run** \$5 kids 12 and under / \$10 age 13 & older
- 5K** \$15 early registration before March 5, 2012;
\$20 after March 5, 2012

Total enclosed\$ _____

Make checks payable to Meadowbrook Elementary

T-Shirt Size (5K only): Free T-shirt for First 150 entries
To guarantee size, form must be received by March 5th

Children S M L

Adult S M L XL

All applicants must sign waiver!

Waiver: Upon acceptance of this entry, I, for myself, my heirs and assigns, hereby release the sponsors, officials and volunteers of the Cubs on the Run Event; Meadowbrook Elementary School; Meadowbrook Elementary School PTO; Haywood County Schools; MedWest; State of North Carolina; Haywood County, NC; and all participating businesses and organizations 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. I also understand that wheeled vehicles-including bicycles, skates, and scooters; as well as animals are prohibited from the course. Strollers are allowed.

Signature: _____

Date: _____

Parent/Guardian: _____
(if under 18 years old)

3rd Annual

Meadowbrook Cubs on The Run 5K and Fun Run & Health Fair

To help bring light to the growing problem of childhood obesity.



Saturday, March 24, 2012

85 Morning Star Road Canton, NC 28716

Presented by:



Please join us as a runner, walker, sponsor, volunteer,
health fair participant, spectator, or cheerleader
for this great event.

For more information, please contact:

Meadowbrook Elementary School (828) 646-3445

<http://teacher.haywood.k12.nc.us/bswanger/>

Events

THE 5K RUN

FREE T-shirt for First 150 entries

This race is open to runners and walkers of all ages. The 5K race will begin and end at Meadowbrook Elementary School. The course is a moderately hilly track on Kim's Cove Road and Highway 110. There will be water stations along the course.

\$15 early registration before March 5, 2012

\$20 after March 5, 2012

THE CUB FUN RUN/WALK

Everyone is encouraged to come run or walk. This event is designed for young children, non-athletes and those who cannot participate in the other events but would like to be involved. The entire course will be located on Meadowbrook Drive and Meadowbrook Elementary School property and covers less than a mile. Each participant will receive a recognition token.

\$5 ~ kids 12 and under register anytime

\$10 ~ age 13 & older register anytime

5K Awards

Trophies will be awarded to the top male and female overall finishers. Age group medals for male and female will be awarded for the first, second, and third in the following age groups:

Children in Grades: K-1, 2, 3, 4, and 5.

Age 12-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 & over.

~Awards will not be mailed~

Schedule

FRIDAY, MARCH 23

3:00-5:00pm Pre-Race Packet Pick-up- Meadowbrook Elementary School

SATURDAY, MARCH 24

7:30 a.m. Registration/Package Pick-up- Meadowbrook Elementary School

9:00a.m. Fun Run Starts

9:30 a.m. 5K Starts

Awards Ceremony starts immediately following 5K

All races start and finish at Meadowbrook Elementary School.



Purpose

The Meadowbrook Cubs on the Run 5K and Fun Run was created to help bring light to the growing problem of childhood obesity through providing an activity for children and adults. To encourage children to run simply for the fun of it and for the development of healthy bodies and sharp minds.

Did you know.....

- 39% of students in Haywood County Elementary Schools are over-weight and/or obese.
- 63 students are morbidly obese, down from 72 in 2008.
- 61% are at a healthy weight and/or underweight.

(statistics provided by Haywood County Health Department 2010-2011 BMI Data Haywood County Elementary Schools Overall Statistics)

~ Proceeds will be used by Meadowbrook Elementary School PE Department to continue running club and provide programs to keep children active.

Meadowbrook Health Fair

Healthcare providers and wellness based businesses have joined forces to create the Meadowbrook Health Fair, a health and wellness expo for the Haywood County area. This is a FREE COMMUNITY EVENT that will increase awareness of all forms of healthcare and healthy living opportunities that are available to all residents of the area.

We are looking for healthy living businesses and area non-profit organizations whose common goal is to make Haywood County a healthier place. Educational lectures, demonstrations, and activities for all ages would be welcome. This is a fabulous opportunity to learn about the wonderful and various ways you can maintain your health in and around Haywood County. If you would like to have a display please contact Meadowbrook Elementary 646-3445.

For Directions to Meadowbrook Elementary School Visit:

<http://www.mes.haywood.k12.nc.us/>

~Choose Directions to our School