

Spring Fever 5K and Run for Honduras

REGISTRATION:

- Register online at www.active.com (there is a fee for using this website)
- Mail Registration by April 9, 2012, to:
Veritas Christian Academy
Attn: Jason Alexander
17 Cane Creek Road
Fletcher, NC 28732
- Race-day registration at Fletcher Park, under covered pavilion from 7:30 to 8:45 AM
(Note registration discount if before 4-9-12)

Proceeds from the Run will be split between Veritas Athletics and the Honduras Mission Trip.

Make checks payable to VCA Warrior Club.
Questions?

Call Jason Alexander at 828-681-0546 or
Adam Guice at 828-231-5812

Location & Starting Times

Fletcher Park, 85 Howard Gap Road, Fletcher, NC 28732

From Hendersonville: Take I-26 W to Exit 44. Turn right onto Hwy 25 and go about 2.5 miles. Turn right at the third traffic light onto Howard Gap Road and the park will be on your left.

From Asheville: Take I-26 East to Exit 40 (Airport Road). Turn left onto Airport Road. Turn right at Walgreens onto Hwy 25. Turn left at the sixth traffic light onto Howard Gap Road, across from the Dollar General. The park is on the left.

- 5K begins at 9:00 AM
- Fun Run begins at 9:45 AM

Awards & Prizes

Awards will be presented as soon as results are calculated. Presentations will take place at Fletcher Park Pavilion Area. Awards will be given to the top two male and female runners and the top male and female masters. Awards will be presented to the first and second place male and female in each age division.

5K Run Age Divisions:

11 & under	12-14	15-19	20-29		
30-39	40-49	50-59	60-69	70+	

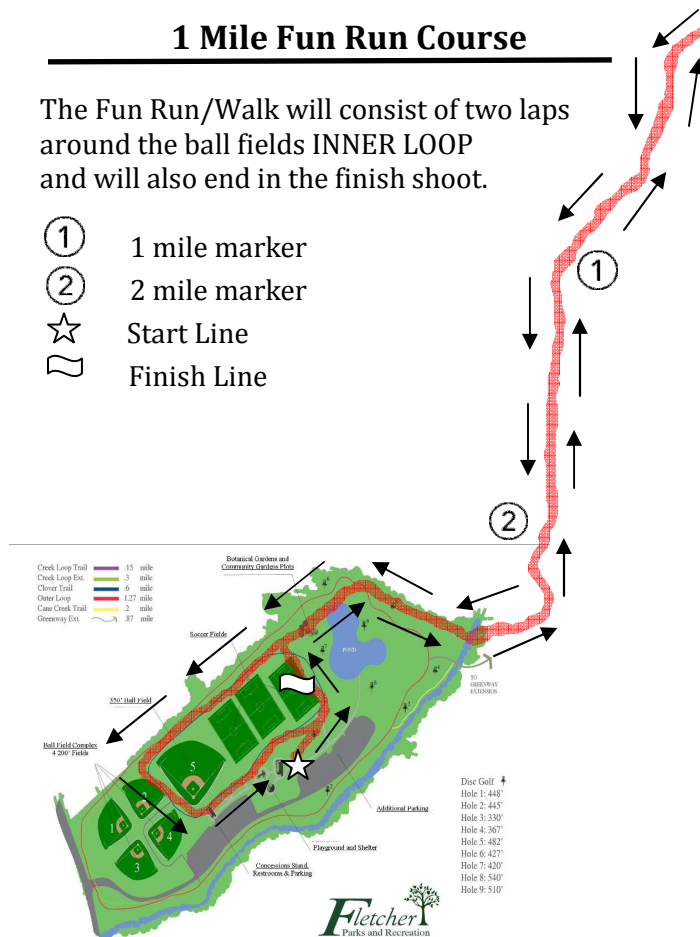
5K Course

The 5K will begin on the field adjacent to the covered pavilion & playground area in the park. Runners will start off around the INNER LOOP of the soccer fields for 0.2 miles before taking a right on the mulch trail heading to the greenway extension. At this point, the course is an OUT & BACK trail which continues 0.87 miles beyond the bridge and runs parallel to the river. The terrain is gravel and concrete throughout this portion of the race. Once runners return from the greenway extension, they will continue to the right on the mulch trail. The last 0.6 miles of the race will be counter-clockwise around the ball fields' INNER LOOP. The finish shoot will be located on the soccer field. There will be course monitors to guide you.

1 Mile Fun Run Course

The Fun Run/Walk will consist of two laps around the ball fields INNER LOOP and will also end in the finish shoot.

- ① 1 mile marker
- ② 2 mile marker
- ☆ Start Line
- 🏁 Finish Line



Registration Form

(one entry form per runner, please)

Entry Fees:	Before 4-9-12	After 4-9-12 & Day of Race
5K	\$25	\$30
1 Mile Fun Run	\$10	\$10

Family Max: \$75 (includes parents and children)

Family Name: _____

***T-shirt guaranteed to the first 150 5K registrants.**

Adult Shirt Size S M L XL

Youth Shirt Size S M L

Total Enclosed: \$ _____

Make checks payable to VCA Warrior Club.

Mail to:

Veritas Christian Academy
Attn: Jason Alexander
17 Cane Creek Road
Fletcher, NC 28732

Name: _____

Address: _____

Age: _____ Female Male

Daytime Phone: _____

Email: _____

WAIVER: I know that running a race is a hazardous activity. I know that 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 related to my ability to safely complete the run. I assume all risks associated with running this event, including but not limited to: falls, contact with other runners, the effects of weather, and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and, in consideration of acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release sponsors, their representatives and successors from all claims or liabilities of any kind arising from my participation in this event, even though that liability may arise out of negligence or carelessness on the part of such persons.

Signature: _____

(Parent or Guardian must sign if participant is under 18 years of age.)

Date: _____

Emergency Contact: _____

Emergency Phone: _____