



Saturday, November 10
9:00 a.m.
Waynesville Middle School
Waynesville, NC

(Fast and flat 5K course near downtown Waynesville)

7:30-8:45 Registration and Packet Pickup at track
9:00 5K Run/ Walk

- ✓ \$20 BEFORE NOVEMBER 8TH
- ✓ \$25 Day of Race
- ✓ Register online at Active.com after September 1, 2012
(online registration ends on November 8, 2012)
- ✓ T-shirts given to the first 80 runners registered

AWARDS:

Overall male & female; Overall Masters male & female;
Top 3 in following age groups:
10 & Under, 11-15, 16-19, 20-24, 25-29, 30-34,
35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69
70 & Over (no double-dipping)

For the benefit of Haywood-Jackson Volunteer Center

Name _____ Phone Number _____
Mailing Address _____ City _____ State _____ Zip _____
Email Address: _____ T Shirt Size: S M L XL
Emergency Contact _____ Phone _____
Age on 11/10/12 _____ Date of Birth _____ M F

Return To: Haywood-Jackson Volunteer Center, 81 Elmwood Way, Waynesville, NC 28786
Make Checks Payable To: Mountain Projects, Memo: *Flat Out Fall 5K*

For more info call John at 356-2833