

**Friends of the Lake 5K, Family Walk & Fun Run**  
Entry Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Sex: Male \_\_\_\_\_ Female \_\_\_\_\_

Age on 3/30/13: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Event Entering: 5K \_\_\_\_\_ Walk \_\_\_\_\_ Fun Run\* \_\_\_\_\_

Shirt size: S M L XL **Applies to 5K & Family Walk**

\*FUN RUN for ages 10 years and under

WAIVER: Upon acceptance of this entry, I, for myself, my heirs and assigns, hereby release the sponsors, officials, and volunteers of the Friends of the Lake 5K & Family Walk 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 are prohibited from the course. I give my permission for free use of my name and picture in any broadcast, telecast, or written account of this event. I also understand that the entry fee is NON REFUNDABLE FOR ANY REASON.

\_\_\_\_\_  
Signature of Runner

\_\_\_\_\_  
Parent/Guardian if Under 18 years of age

\_\_\_\_\_  
Date



**ENTRY FEE**

Runners/Walkers  
\$20.00 if postmarked by March 15, 2013  
\$25.00 after March 15, 2013  
Students (11 - 18) \$15.00  
Fun Run (Kids 10 & Under Free)  
Group of 6 or more \$15.00 (registrations must be received together)

Checks payable to Lake Junaluska Assembly

T-Shirts will be given to the first 100 who pre-register for the 5K or Family Walk.

**RACE DAY REGISTRATION/SIGN-IN**

7:30-8:30 am  
March 30, 2013  
Nanci Weldon Open Air Gym

***Race will begin at 9:00am.***  
***Family Walk will immediately follow***  
***at approximately 9:10am.***  
***Kids Fun Run will begin at 10:00am.***

For everyone's safety no pets, strollers, skates or bikes will be allowed during the 5K Run. Strollers are permitted during the Family Walk ONLY.

**MAIL COMPLETED FORM TO**

Lake Junaluska Conference & Retreat Center  
Attn: Melissa Aldridge  
PO Box 67  
Lake Junaluska, NC 28745

Register in person at the Bethea Welcome Center or by phone at (828) 454-6680 if using a credit card

**COURSE**

The course for both the 5K and Family Walk will begin and end at the Nanci Weldon Open Air Gym. Kids Fun Run will be in the grass lot adjacent to the gym.

**AWARDS**

The awards ceremony commences upon conclusion of the race. Awards will be given to the top three male & female winners in each age category.

Age Categories:  
12 years & Under  
13-16 17-19 20-24 25-29 30-34  
35-39 40-44 45-49 50-54 55-59  
60-64 65-69 70-74  
75 & Over

Door prizes will be awarded upon conclusion of the race.

**INFORMATION**

For details and results:  
[www.lakejunaluska.com/easter](http://www.lakejunaluska.com/easter)

Questions prior to race day, contact the Development Office at (828) 454-6680 or [developmentoffice@lakejunaluska.com](mailto:developmentoffice@lakejunaluska.com)

