

1st Annual Burnsville Fit Families 5K  
Additional Information

**T-shirts**

T-shirts are guaranteed to pre-registered participants and while supplies last for race day entries.

**Packet Pick Up and Health Expo**

Packet pick up and race day registration will be at the Burnsville Town Center on South Main Street.

Race start: Burnsville Town Square  
Please, no pets allowed.

**Awards**

Awards will be presented at 11:00 AM at the Town Center. Awards will be given to the top overall male and female finishers, the top overall masters male and female finishers and the top male and female finisher in each age group.

Ribbons will be given to all kids race participants.

Join us after the run/walk for a Healthy Yancey health fair at the Town Center.

- Free BMI and blood pressure checks
- Nutrition information
- Opportunity to talk with a variety of health professionals

Graham Children's Health Services  
Of Toe River  
202 Medical Campus Drive  
Burnsville, NC 28714



Graham Children's Health  
Services of Toe River presents

**1st Annual  
Burnsville  
Fit Families 5K  
& Spring Stroll**

Saturday, May 8, 2010  
9:00 AM



**Graham Children's Health Services of Toe River presents  
1st Annual Burnsville Fit Families 5K—Saturday, May 8, 2010**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Phone Number \_\_\_\_\_

\_\_\_\_\_ Male \_\_\_\_\_ Female

Age on Race Day \_\_\_\_\_

Amount Enclosed (\$25 Pre-registration, \$30 Race Day Registration, \$10 Student)  
\_\_\_\_\_

Adult T-shirt Size: \_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ XL \_\_\_\_\_ XXL

**Liability waiver and release:** Upon acceptance of my entry, I, for myself, my heirs, and assigns, hereby release the sponsors, officials, volunteers of the Burnsville Fit Families 5K, board members of Graham Children's Health Services of Toe River, and the Town of Burnsville 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 grant permission for the use of my name and picture in any broadcast, telecast or written account of the race.

Runner's signature: \_\_\_\_\_

Parent/Guardian signature (if under 18): \_\_\_\_\_

Date: \_\_\_\_\_

**Mail this form to:**

Graham Children's Health Services, 202 Medical Campus Dr., Burnsville, NC 28714

**Events**

5K—9:00 AM

Free Kids Races—10:30 AM

Awards Ceremony—11:00 AM

Free Health Expo—8:00-11:00 AM

**Entry Fees**

5K \$25 Pre-Registration

(Postmarked by 5/1/10)

\$30 Race Day Registration

\$10 Students

**Registration:** Early registration must be post-marked by May 1, 2010. Race day registration ends at 8:30 AM.

**5K Course:** Race begins at Burnsville Town Square. Head past Town Hall and down West Main Street to Cherry Lane. Turn right on Cherry Lane to Sunset. Turn right on Sunset to Robertson. 1 mile marker is just past the crest of the hill along with a water station. Turn right on Robertson to West Main Street. Turn left onto West Main Street and back up the hill. Continue around the square to the right past Nu-Wray Inn, Garden Deli, and Touch of Cass, and turn right onto North Main. Mile 2 marker is next to the turn onto North Main and includes another water stop. Take North Main to Green Mountain Drive. Turn right onto Green Mountain Drive and go around School Circle. Head back down Green Mountain Drive and turn left onto North Main Street. Head up the hill with the finish being at the Baptist Church.