



# Join Us for the 7th Annual Waterway 5k/10K Run / Walk of Elizabeth City, North Carolina September 24, 2011

### MASTER OF CEREMONY

Jerry Newell

### PACKET PICKUP- WATERFRONT PARK

Friday, Sept. 23, 2011  
(5:00 PM -7:00 PM)

### RACE DAY REGISTRATION

**Waterfront Park**  
6:30AM-7:45 AM

### Event Times

5K 8:00 AM  
10K 8:00 AM  
1 Mile Fun Run- 10:00 AM

### Registration & Entry Fees

- 5k - \$20 until Sept. 20th  
\$25 thereafter
- 10k - \$30 until Sept. 20<sup>th</sup>  
\$35 thereafter
- 1 Mile Fun Run \$10
- High school and under \$10

### Directions

Take HWY 17 Business to  
downtown ELIZABETH CITY –  
Waterfront Park.

### Teams Welcome

Teams of 5 mixed please - trophies  
for the top 3 teams

### Online Registration

[www.active.com](http://www.active.com)  
[www.Waterway5k.org](http://www.Waterway5k.org)

### USAT&F certified

Results by Ipico Sports Timing  
System



Send registration and fee to-  
Waterway5k, c/o Phil Donahue  
PO Box 1412  
Elizabeth City, NC 27907

### For more information

Visit [www.waterway5k.org](http://www.waterway5k.org) or call  
252-384-4446

### Course

The course is out and back  
along the beautiful Pasquotank  
River.

### TROPHIES AND MEDALS- CATEGORIES

Top three overall male and  
female finishers, and top three  
male and female finishers in  
each of the following age  
categories: 12 and under; 13-  
19, 20-24, 25-29, 30-34, 35-  
39, 40-44, 45-49, 50-54, 55-  
59, 60-64, 65-69, 70 & UP.

**School Challenge** – The  
school with the most  
participants will receive a \$200  
prize to be used for health and  
wellness.

### Entertainment/Hospitality

DJ-TAZ (JERRY NEWELL)  
Refreshments, Fruit, Gatorade  
Water stations, paramedics on-  
site



**BENEFITING THE ALBEMARLE HOSPITAL FOUNDATION FREE MAMMOGRAM PROGRAM**

Office Use: Race # \_\_\_\_\_ Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

School \_\_\_\_\_ Email \_\_\_\_\_

**TEAM NAME** \_\_\_\_\_ **(5 member team)**

1-Mile Fun Run  5K  10K **T-Shirt size:** YOUTH -M L **ADULT-** S M L XL XXL XXXL

I know that running a road race is a potentially hazardous activity. 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 relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including cold, snow and/or ice, high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release East Carolina Road Racing, its directors, officers, and staff, the county of Pasquotank and its employees, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that headsets of any kind, dogs on leashes, in-line skates, bicycles and vehicles to transport children are prohibited and that violation of this prohibition will result in disqualification.

\_\_\_\_\_ Date \_\_\_\_\_

Signature (Parent/Guardian's signature if under 18)