

REGISTRATION FORM

(to be completed by individual runners)

I know that running a road race is a potentially hazardous activity. I should not enter and run/walk 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 race. I assume all risks associated with running/walking in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including heat 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 the Sports Center, the Morehead Lookout Rotary Club, Run The East, LLC and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event. 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.

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have, or that might accrue against the Morehead Lookout Rotary Club and its agencies, officers and employees, for any and all injuries suffered by me in said event.

Signature Required For Valid Entry

SIGNATURE

DATE

PARENT'S SIGNATURE IF UNDER 18 YEARS

AWARDS

1 Mile Run, 5-K and 10-K races:

Prizes awarded to the top 3 overall male and female winners in each race.

Medals awarded to the 1st and 2nd place male and female winners in all age divisions in each race.

Gil Core Performance Short Sleeve T-Shirt to the first 350 registered.

Massage therapy available post race provided by Carteret Community College.

Fruits and Beverages.

CERTIFIED COURSE RECORDS

10-K: Leon Lafreniere (36:50);
Heidi Tucker (38:54)

5-K: Geophrey Mills (17:17); Katherine Price (19:31)

1 Mile: Michale Garner-McGraw (5:51);
Brienne Talob (7:02)

RACE INFORMATION

visit

www.lookoutrotaryroadrace.com

or

SPORTS CENTER

(252) 726-7070

701 North 35th Street, Morehead City, NC

A health oriented **family fitness event** organized by Lookout Rotary, Morehead City, NC.

Race proceeds will be given as donations to Rotary-supported charitable

groups with emphasis on local county programs.

Flat and fast sanctioned and certified neighborhood course.

An event for every age and skill level.

Race Director:

Chris Barnes (252) 241-0372

PLACE

Sports Center, Host Sponsor

701 North 35th Street, Morehead City, NC 28557

Maps of Race Course are available for viewing at the Sports Center.

Bathroom and shower facilities available to participants and guests.

Lookout Rotary of Morehead City wishes to thank the following business and individuals who have so generously contributed to this fundraising effort of our organization for the purpose of giving back to our community.

HOSTED BY

Connecting Point 
COMPUTER CENTER



GOLD SPONSORS

Capps Trailers

Carolinas Center for Surgery

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McGladrey LLP

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The Boathouse • Chick-Fil-A

Community Pharmacy • Carteret Craven Electric

Carteret Vision Center • Clamdigger Inn & Restaurant

Crowe Law Firm • Farm Bureau • Floyds 1921

Frank Door Co. • Friendly Market • Hair Gallery

Hampton Inn • Harvell & Collins

Morehead Animal Hospital • Nationwide Insurance

Rid-A-Pest • Safrit's Building Supply

Sanborn Orthodontics • Soft Water Solutions

Snug Harbor • Starling Marine • The Athlete's Foot

TowBoat US • Town Creek Marina • Dr. Brady Way

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Dean's Gas • Debra Whaley, Attorney-at-Law • Eastman's Carpet

First Bank • First Citizens • Fran Emory

Garrison Grading & Construction • Jeremy Mason Construction

Dan Krauthaim • Kurtis Chervrolet • LeNails

McQueen's Interiors • M.K. Chalk • Parker Buick • Parker Honda

Portside Marina • Sanitary Fish Market & Restaurant

Seahawk Inn & Villas • Seaport Antiques • Seaside Sensations

St. Egbert Catholic School • Sound Bank

Soundside Steak & Seafood • Bill & Janie Taylor

TMX Shipping • The UPS Store • Walmart • Matt Zettl

“Run For Healthy Living”

1 Mile Run

HOSTED BY

Dr. David Walker

Coastal Carolina Orthodontics

Carteret General Hospital

SPONSORS

Dr. John Duda • Dr. Sheli Garrett-Albaugh

Dr. Bill Walker • Dr. Denny Lawrence

Dr. John Rickabaugh • Dr. James Wells

Lookout Rotary Club

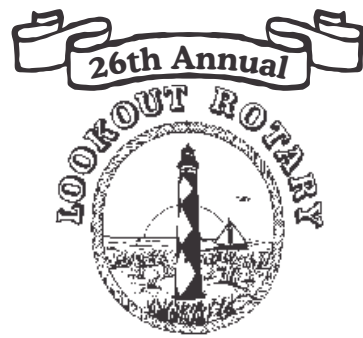
P. O. Box 1854
Morehead City, NC 28557



"Run For Healthy Living"

Spring Road Race

Saturday, April 25th, 2015



"Run For Healthy Living" Spring Road Race

Saturday, April 25, 2015

Sports Center

701 N. 35th Street, Morehead City, NC

- Managed by Run the East, LLC • Electronic Chip Timing
- Course Sanctioned and Certified

10K Run • 5K Run and Fitness Walk

1 Mile Run and Fitness Walk

"Run For Healthy Living" 1 Mile Run

10K and 5K Wheel Chair

Tot push/pull welcome in all races

PRE-REGISTER at
www.RunTheEast.com
or enclosed entry form

Race Forms and Information
www.lookoutrotaryroadrace.com
Sports Center 252 726 7070

Packet Pickup available Friday, April 24th 5:00 to 6:30 pm
at Connecting Point Computer Center,
4370 Arendell St, Morehead City
or Race Day 7:00 am at the Sports Center

HOSTED BY

Connecting Point 
COMPUTER CENTER



RUN FOR HEALTHY LIVING HOSTED BY

DAVID WALKER
COASTAL CAROLINA
ORTHODONTICS

CARTERET GENERAL HOSPITAL
Our Mission Is Your Health

DATE

Saturday, April 25, 2015

will be held **rain** or **shine**.

TIMES

- 7:00 am Race Registration
 - 7:45 am "Run For Healthy Living" 1 mile
(5th grade qualifiers)
 - 8:00 am 1 Mile Run and Fitness Walk
 - 8:20 am 10K/5K Wheelchair
 - 8:30 am 10K/5K Run and Fitness Walk
- * Tot push/pull welcome in all races*

ENTRY FEE

Pre-registration: \$25

Pre-registration ends April 17th at 5:00pm

Military Discount:

\$15 pre-registration

\$20 after pre-registration ends

Family Special:

Up to 4 entries per family (children under 18)

Each family member must fill out separate entry form

\$15 per person pre-registration

\$30 after pre-registration ends

Return forms to Sports Center, mail to Lookout Rotary, or go
online and Pre-Register at **RunTheEast.com**.

Race day registration: \$30

Gil Core Performance Short Sleeve T-Shirt
to the first 350 registered.

Checks should be made payable to:
Lookout Rotary Club, P.O. Box 1854,
Morehead City, NC 28557

AGE DIVISIONS

10-K Run

Males and Females: 19 and under, 20-24, 25-29, 30-34,
35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

5-K Run and Fitness Walk

Males and Females: 8 and under, 9-10, 11-12, 13-15,
16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49,
50-54, 55-59, 60-64, 65-69, 70+

1 Mile Run and Fitness Walk

Males and Females: 8 and under, 9-10, 11-12, 13-15, 16-19,
20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54,
55-59, 60-64, 65-69, 70+

1 Mile "Run For Healthy Living"

5th grade students qualifiers

For lodging assistance/tourist information
call 1-800-SUNNY NC (1-800-786-6962).

ENTRY FORM

Check Payable and Mail To:

Lookout Rotary Club

P.O. Box 1854

Morehead City, NC 28557

Individual Entry Family Entry*

First Name Middle Initial Last Name

Mailing Address (Street, include Apt. No.)

City State Zip

Area Code Phone Number

E-Mail

Age on Day of Race

Male Female

Men's T-Shirt Size (Circle)
S M L XL

- 10-K Run
- 5-K Run and Fitness Walk
- 1 Mile Run and Fitness Walk
- 5-K Wheelchair
- 10-K Wheelchair

* Each family member must fill out
separate entry form.

ENTRY FEE: \$ _____

SIGN WAIVER ON BACK

May Duplicate - Both Sides