

2010 Official Entry Form Fit to be a Leader Footrace 5k

One participant per form.

Please complete this form and mail with payment to:
Fit to be a Leader Footrace,
c/o Hickory Jaycees, PO Box 284, Hickory, NC 28603

Participant Information

Full Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone : _____

Email: _____

Age: _____ Birth Date: _____

Sex: Female Male

Emergency Contact: _____

Phone: _____

T-Shirt Size: (Shirts only guaranteed for early registration)
_S _M _L _XL _XXL

Entry Fee

Enclose Check Payable to Hickory Jaycees
Early registration must be post-marked by 4/14/10

Early registration (before 4/14/10): \$25
Late registration: \$30

Waiver

PARTICIPANT ACKNOWLEDGEMENT OF ASSUMPTION OF RISK AND RELEASE AGREEMENT

- The representatives of The Hickory Jaycees ("Jaycees") and the City of Hickory ("Hickory") have informed me that the Race ("Race") in which I seek to participate can be physically challenging and/or dangerous to people with certain health conditions, and that there is some risk inherent with participation in this race. Accordingly, in consideration for my participation in the race, I expressly acknowledge and agree to the following:
- I recognize that the potential for injury exists, and that participating in the Race entails both known and unanticipated risks which could result in physical or emotional injury, paralysis, death, or damage to myself, or property, or to third parties.
 - I understand that such risks cannot be eliminated without jeopardizing the essential qualities of the Race, and freely assume the same. These risks, include, among other things, the potential for slips, falls and falling, contact with other race participants or spectators, and contact with vehicles and/or other objects that could result in scrapes, scratches, bruises, sprains, lacerations, fractures, concussions, paralysis, or even more severe life-threatening injuries.
 - The Race is based on the "challenge by choice" principal. At any time, I am free to withdraw from participation in the activities, whether I do so individually or as a part of a group. The decision to continue participation in an activity indicates my consent and continued release of liability. I expressly agree and promise to accept and assume all of the risks existing in this activity.
 - I acknowledge that although Jaycees and the City of Hickory employees and representatives try to create a safe and enjoyable training and recreational environment, they are not infallible. They may be unaware of physical or mental conditions of mine or my fitness to participate in this program. Recognizing this, I release Jaycees and the City of Hickory, their agents, officers, volunteers, participants, employees and all other persons or entities acting in any capacity on their behalf (hereinafter referred to as "Jaycees" and "Hickory") from any and all liability or responsibility for any claims, demands or causes of action in any way connected with my participation in this activity, including any such claims which allege negligent acts or omissions of Jaycees or Hickory. I further agree to release, indemnify and discharge Jaycees and Hickory from any such demands or claim on behalf of myself, my children, my parents, my spouse, my heirs, assigns, personal representative and estate.
 - Should Jaycees or Hickory or anyone acting on its behalf be required to incur attorney's fees and/or costs to defend claims made by me or on my behalf or to otherwise enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
 - I certify that I have adequate insurance to cover any injury or damage that I may cause or suffer while participating in any activity in the Park, or in the alternative, I agree to bear the costs of such injury or damage myself.
 - I agree not to be under the influence of any drug, legal or illegal, chemical substance, alcohol, or any other physical or mind-altering substance while I am participating in the Race.
 - If the program coordinators recommend that I limit my participation in the Race and I choose not to do so, I agree that by such action on my part I waive all claims I may have against Jaycees or Hickory for any and all injuries or damages suffered by me during the activity, including claims of gross negligence or willful misconduct.
 - In case of an accident, Jaycees and Hickory and their agents have my consent to release all information and incident reports, including medical information, to insurance companies or other agencies deemed appropriate by the City of Hickory.
 - I authorize Jaycees and Hickory, their agents or other emergency medical personnel to render emergency or first aid treatment for any ailment or illness or injuries to me.
 - I represent that I am over eighteen (18) years of age, or if not, that the parent or legal guardian of said minor participant has fully read this agreement and executes the same freely and on behalf of the named minor participant.
 - I represent that I have fully disclosed any medical conditions that I may have which could affect my fitness to participate in this activity, and in my opinion it is safe for me to proceed with participation.
 - I have had sufficient opportunity to read this entire document, and understand the contents. I agree to be bound by the stated terms.

Signature (Participant): _____

Date: _____ (Signature of Parent or Guardian if under 18)



Mission

The purpose of the Fit to be a Leader Footrace is to promote fitness, professionalism, and leadership in our local community.

Do you have what it takes?

Jaycees (Junior Chamber)

The Jaycees provide opportunities for enthusiastic young professionals to develop their personal and professional potential through projects and community and involvement.

All Jaycee aged (21-40) registrants will receive a \$20 rebate* on a membership into the Jaycees.

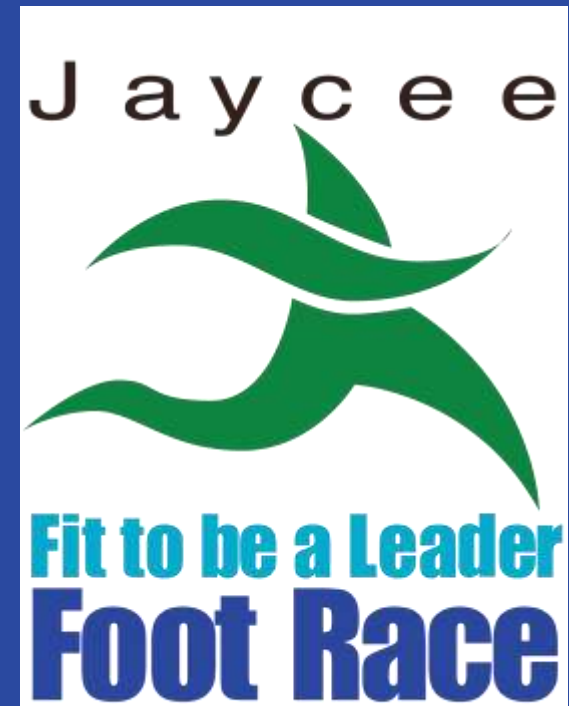
*Limitations & restrictions apply—contact hickoryjaycee@yahoo.com for details.

Fit to be a Leader Footrace
c/o Hickory Jaycees
PO Box 284
Hickory, NC 28603

828.238.5847 or hickoryjaycee@yahoo.com

www.hickoryjc.org->calendar and events ->fit to be a leader footrace
Register Online at Active.com

A Unique & Scenic 5k



Saturday
May 1, 2010

9am Start

Hickory City Park

*Logo design by Eller Marketing & Associates, a business owned by Steve Eller who honed his professional skills through the Jaycees.

Fit to be a Leader Footrace 5k

5k Course Description

The Fit to be a Leader Footrace is a scenic, yet challenging course that passes through 3 City parks and loops past Lake Hickory. It covers a variety of terrain including greenway, bike path, paved, boardwalk, wooded, and stairs. For the full course description go to:

http://www.hickoryjaycee.com/index.php?option=com_content&view=article&id=51&Itemid=64

*Please note: Glenn Hilton Park is closed until approximately April 1st for construction. Please do not try to train on this part of the course until it reopens.

Registration

Forms are available for download at hickoryjc.org or register on-line at active.com. Mail registrations to:

Fit to be a Leader Footrace
c/o Hickory Jaycees
PO Box 284
Hickory, NC 28603
*Entry fee must be included with registration.

Fees (non-refundable)

Early: \$25 per person (postmarked by 4/14/10)
Late: \$30 (race day registration is from 7:30am—8:30am)

Make checks payable to: Hickory Jaycees
Event is rain or shine. No transfers or refunds.

T-shirts

Participants who register by the Early registration deadline will receive a Fit to be a Leader race t-shirt.

Times

Times for race-day schedule on May 1, 2010:

Registration & Packet Pick Up: 7:30am—8:30am
Race Start: 9:00am
Award Ceremony: 10:00am

Age Divisions

14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over

Awards & Presentations

Awards will be presented at Hickory City Park for top male/female finishers, as well as for top males/females in each age division.

As an official Corporate Challenge event, the Corporate Challenge closing ceremonies will be held after the Fit to be a Leader Footrace Awards presentation.

Corporate Challenge

The City of Hickory Parks & Recreation Department and the Hickory Jaycees host the Corporate Challenge which will run from April 15-May 1st. For details, visit www.hickoryjc.org or contact: vhuffman@keyquestconsulting.com.

Discount registration is available for Jaycees and/or Corporate Challenge participants by registering through the Hickory Jaycees.

General Information

One water stop will be provided along the course.

The course will pass multiple restrooms as it passes through the parks.

General Information

Volunteer and sponsorship opportunities are available. Contact Valerie Huffman at 828.238.5847 or vhuffman@keyquestconsulting.com

Proceeds

Proceeds will be donated to the City of Hickory Parks & Recreation to fund area Greenways.



 AHICKORY
JAYCEES
event

 HICKORY
North Carolina
Parks and Recreation



*Logo design by Eller Marketing & Associates, a business owned by Steve Eller who honed his professional skills through the Jaycees.

Thanks to our Sponsors