

# ON SLOW PINES SPRING 5K TRAIL RUN & 1-MILE FUN RUN/WALK

**DATE:** Saturday; April 10, 2010

**TIME:** Late Registration: 6:00 a.m.  
Fun Run/Walk 7:00 a.m.  
5K Run 7:15 a.m.

**LOCATION:** Onslow Pines Park, 1244 Onslow Pines Road Jacksonville, NC.

**DISTANCE:** 5K (3.1 miles) 1 mile Fun Run/Walk

**COST:** \$18.00 per participant (by April 7)  
\$20.00 per participant (after April 7)

**AGE GROUPS (5K):** Under 18 18-25 26-34 35-44 45 & Over  
(FUN RUN/WALK): No age group separations.

**AWARDS:** Awards will be given to the overall male & female finisher and to the 1<sup>ST</sup> and 2<sup>ND</sup> place male & female to finish in each age group in the 5K. T-SHIRTS WILL BE AVAILABLE TO THE FIRST 100 RUNNERS TO REGISTER.

**PRE-RACE PICK-UP AT ONSLOW PINES PARK**

**MAKE CHECKS PAYABLE TO:** Onslow Pines Park Concession Stand Fund

**MAIL CHECKS/REGISTRATION FORM TO:**

Onslow County Parks & Recreation Department  
1244 Onslow Pines Rd.  
Jacksonville, NC 28540

**Call: (910) 347-5332 Visit: [www.onslowcountync.gov/parks](http://www.onslowcountync.gov/parks)**

## REGISTRATION FORM

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

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

Address: \_\_\_\_\_  
Street City State Zip

Please Circle Shirt Size: S M L XL XXL

Active Duty Military - YES NO Active Duty Military Dependent - YES NO

Check One: 5K: \_\_\_\_\_ Fun Run/Walk: \_\_\_\_\_

I hereby give \_\_\_\_\_ my permission to participate and be involved in Onslow County Parks & Recreation Department's program of the Spring Trail Run. By this authorization, I hereby approve of the program and accept the facilities, equipment, and the instruction/coach as being satisfactory for the above named person. I have been given the opportunity to inspect the premises and equipment and have talked with the instructor/coach or waive the right to do so. I understand that immediately prior to any activity involved in the program named herein above, I have the right to inspect the facilities or equipment and will notify the instructor or supervisor or the County of any objections to the supervision, instruction, facilities, or equipment use in connection therewith. I hereby release and hold harmless the County of Onslow, the Onslow County Parks & Recreation Department, and any of their agents or representatives from and against any and all claims and liability and causes at law for loss, damage, or injury (including death) to persons and/or property which would or could be based on the qualification of the instructor/coach or the adequacy of the supervision, facilities, or equipment used in the program named above.

\_\_\_\_\_  
Signature of Participant (Signature of PARENT/GUARDIAN, if under 18) Date \_\_\_\_\_