

3rd Annual Twinkle Toes 5K & 1-Mile Fun Run December 14, 2013 . . . Star, NC

RACE INFORMATION:

There is a limit of 300 runners for this race. Register Early! Early Bird Rate: \$20 for 5K, \$10 for 1 mile, if registered by December 1. Registration fee will be \$25 day of the race & \$15 for 1-mile Fun Run/Walk. No extra charge for strollers. To be guaranteed a t-shirt, must register by December 1.

EVENT TIMING:

Peter Ascitto from Vac & Dash Albemarle will time the race. **The 1-mile race will start promptly at 8:00 am and the 5K follows at 9:00 am.**

REGISTRATION AND PACKET PICK-UP INFORMATION:

Each registered runner will receive a bag containing a t-shirt & other items. Bags will be available for pickup from 4:00 pm – 6:00 pm Friday, December 13, at Star Elementary School. Bags may also be picked up day of the race from 7:30 am – 8:45 am at Star Elementary School.

COURSE DESCRIPTION:

Both races take place in a nice residential course in the town of Star. Course starts and ends at Star Elementary School on Cotton Creek Road side. There will be a water station at 1- and 2-mile markers & at finish line.

AWARDS CEREMONY: Star Elementary (outside) at 10:30 a.m.

Age Award Categories:

Overall Male 1st, 2nd, 3rd place male **Overall Female** 1st, 2nd, 3rd place female

Overall winners will not be included in the age category awards

Individual Male and Female 1st, 2nd, & 3rd for each age category as follows:

9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Bandit Runners are prohibited and will be removed from the route by law enforcement officers.

No dogs or pets allowed to participate in the race.

ADDITIONAL INFORMATION:

If you have questions, contact Race Director, Stacey Crump at stacey.crump@montgomery.k12.nc.us or 910-428-4333.

Mail Entry Form (or drop off) and make check payable to:

Star Elementary School, Twinkle Toes 5K, 302 South Main Street, Star, NC 27356

First Name: _____ Last Name: _____

Male _____ Female _____ Age on Race Day: _____

Address: _____

Phone Number: _____ E-Mail: _____

Amount Enclosed: 1-Mile Fun Run/Walk _____ 5K _____

T-Shirt Size: YOUTH ___ S ___ M ___ L ADULT ___ S ___ M ___ L ___ XL ___ XXL

WAIVER:

I understand that running/walking is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated participating in this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release the race directors, Star Elementary School, all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event. If I choose to push a baby stroller in the race, I will be solely responsible for the child in the stroller.

Print Name of Participant

Signature (Parent's Signature If under 18)

Date