



Hot Springs Community Learning Center

5K RUN

Where & When?

Saturday morning, **October 24, 2010. 7:00 am.**

Starts/finishes at Hot Springs Spa Resort on US Hwy 25/70 in Hot Springs, NC.

Race Information

Preregistration: \$15 (if received by Oct. 10th)

Day of Race Registration: \$20

Mail Entry Form & Fee to:

HSCLC | PO Box 94 | Hot Springs, NC 28743

To register online go to: www.hsclc.org/newsevents/hsclc5krun.html

COURSE DESCRIPTION: Race starts at the French Broad River Bridge and travels along the river on River road, turns back and finishes at the Hot Springs Spa Resort Rockery.

DIRECTIONS:

- From Knoxville: Take I-40 E to exit 432b on the left. Go about 25 miles into the town of Hot Springs. Cross the railroad tracks and take a left into the Hot Springs Spa Resort. Park and come register.
- From Asheville: Take I-240 W to exit 4A on the left to merge onto I-26 W/US-19 N/US-23 N/US-70 W toward Weaverville. Go about 8 miles to the Hot Springs/Marshall exit on Hwy 25/70. Go about 20 miles into the town of Hot Springs. Cross the French Broad River Bridge and take a right into the Hot Springs Spa Resort. Park and come register.

RACE NUMBER PICKUP: Numbers will not be mailed. Pick up packet at race site 30-90 minutes before the start.

AWARDS: Aside from the amazing feeling of completing a beautiful fall run and supporting a fantastic cause for the children of Madison County, NC, we will be giving 3 awesome gift baskets donated by area local businesses to the 1st place Female runner, 1st Place Male runner, and 1st place Kids 12 and under runner.

RESULTS: Results will be available on the Hot Springs Community Learning Center website: www.hsclc.org

COURSE ETIQUETTE: We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers. Due to insurance regulations, no headsets, earphones, bicycles, baby strollers, roller blades or pets on the course.

SAFETY: The course will be monitored with water and aid stations; however, we strongly recommend that you: (1) Carry your own water with a fanny pack, (2) If sensitive to insect stings or bites, carry your own medication, and (3) Do some pre-race training off-road, as there is no substitute for experience.

INFO FOR RUNNING OR VOLUNTEERING: Contact race director Tina Sams at 865-622-9507 or tsams68@charter.net

Fill out the form below and send with your \$15 check to:
HSCLC PO Box 94 Hot Springs, NC 28743 **ASAP**

5K Run > Registration Form

(Last Name)

(First Name)

(Address)

(City) (State) (Zip) (Phone)

(E-mail address)

Division: Male | Female | Under 12

Circle T-Shirt Size: YM S M L XL No Shirt

ATHLETE'S RELEASE: Please read, sign, and date (necessary to participate in the race)

I know that running and volunteering to work in road races are potentially hazardous activities. I should not enter and participate in the HSCLC 5K 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 and/or volunteering to work in the aforementioned race, including but not limited to falls, contact with other participants, the effects of the weather, including high heat or humidity, the condition of the road and traffic course, all such risks being known and appreciated by me. I, for myself, and anyone entitled to act on my behalf, waive and release HSCLC, The Town of Hot Springs, any and all further sponsors, their representatives, successors, from all claims or liability of any kind arising out of my participation in the aforementioned event, even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I also grant permission to all the foregoing to use any photograph, motion pictures, recordings, or any other record of this event for any purpose.

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

Mail Entry Form & Fee to:

HSCLC 5K | PO Box 94 | Hot Springs, NC 28743

Preregistration Fee:

\$15 (if received by Oct 10th)

Day of Race: \$25