

Mineral City 5k and Kids Run

The Mineral City 5K is BACK!!!! March 19, 2016. Downtown Spruce Pine, North Carolina. An afternoon race, this popular race will please the elite racer and the casual runner. The course is outstanding and will include very few hills and plenty of open road racing. There will also be a 1K Kid's Run at Riverside Park.

Early bird registration is just \$15.00 (until November 1, 2015) and includes a t-shirt. Regular registration is \$20.00. Late registration(March 10) and race day registration is \$25.00. T shirts are not guaranteed for race day.

RACE SCHEDULE: Bib and t-shirt pick up is from 11:30 until 1:30 at Riverside Park. Race begins at 2:00. The Kid's Run will be held right after the 5K.

Name _____

Age _____ 5K _____ Kids Run _____

Sex _____ T shirt: YS YM S M L XL XXL

Address: _____

City: _____ State _____ Zip _____

EMAIL: _____

I am leaving off the details as they are on the website.

PRICES: 5k Run:

Early Bird \$15 per person postmarked on/before November 1, 2015

Regular: \$20 per person after November 1, 2015

Late Registration after March 10 and Race Day: \$25

CHECKS PAYABLE TO Mitchellraces MC5K

1K Kids Run

\$15 per person.

Liability/Publicity Waiver and Release: Upon acceptance of my entry, I for myself, my heirs, executors and assigns, do hereby release the officials and volunteers of the Winter Splash and any and all sponsors, their representatives and successors and any individual or group associated with this event from all claims or liabilities of any kind arising out of my participation in this event even though that event may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, verbal or written statements or any other record of this event for any legitimate purpose without limitation or further compensation. I know that running and participating in this event is potentially hazardous.

I should not enter and run this event unless I am medically able and properly trained. I agree to abide by any decision of an official relative to my ability to safely complete this event. I assume all risks associated with running and training for this event including, but not limited to, falls, contact with other participants, the effects of weather, including conditions of the roads, trails, water, and traffic on the course, all such risks being known and appreciated to me.

Signature Parent/Guardian (if under 18) Date

In case of an emergency, notify: _____

Phone: _____

MAIL to:

Mitchellraces Inc

56 Southridge Drive

Spruce Pine NC 28777