

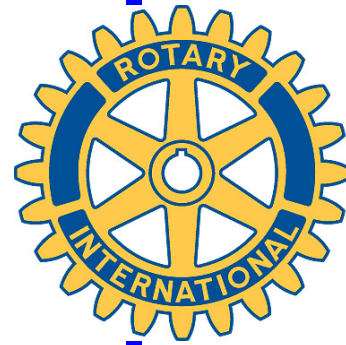
# 7th Annual Flapjack Foot Race

## 5k and 1 Mile Run

Saturday Nov. 7, 2015

Hosted by

**The Rotary Club of Morganton**



**Where: Start/Finish @ Martha's Park, Morganton, NC  
Route through Scenic downtown Morganton**

Located between Collett St. and Union Street in downtown Morganton.

FROM I-40 East and West, exit 105 turn right proceed straight into downtown area turn left at Union St. the Right on King St. make a left into parking lot.

**When: Saturday Nov. 7, 2015**

**7:30 am - Registration Opens**

**8:30 am - 5k starts**

**9:30 am - 1 mile Run/Walk Starts**

**Awards for top 3 in each age group for 5k**

**10-and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, and 85 and over**

**Before 10/27: \$20 for 5k includes breakfast**

**\$15 for 1 mile, \$15 race day, \$40/family**

**- Ribbons to everyone in the 1 mile**

**Contact: Waits Gordon 828-390-4343 (**

**[wgordon@compascable.net](mailto:wgordon@compascable.net) . Bobby Walters 828-443-1906**

**[bltwalt@icloud.com](mailto:bltwalt@icloud.com)**

### **REGISTRATION (To register on-line go to [www.finishlinepros.com](http://www.finishlinepros.com))**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Circle one: 5k / 1 mi

Phone: \_\_\_\_\_ EMAIL: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: M / F T-Shirt Size: S M L XL XXL

XXXL

Entry \$ \_\_\_\_\_ + \_\_\_\_\_ = Total enclosed \$ \_\_\_\_\_

Please have checks made payable to: **Rotary Club of Morganton**

Mail to: PO Box 294 , Morganton, NC 28680

RELEASE WAIVER: I know that running is a potentially hazardous activity. I know that I should not enter the run walk unless I am medically fit and properly trained. I assume all risks associated with participating in the 5K and/or 1 mile including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and humidity, or cold temperatures and rainy conditions; vehicular traffic and conditions of the road; all risks being known and appreciated by me. I give permission for free use of my name, voice recording, and for pictures to be broadcast, telecast, or other means of media related purposes of this event.