



The Rotary Club of Morganton

presents the

8th Annual Flapjack 5k and 1 Mile Fun Run

Saturday Nov. 5, 2016

- ★ Location: Start- Martha's park, Morganton, NC
Finish— First United Methodist Church parking lot
- ★ Cost: 5K run \$25 (\$30 after 10/15) 1 mile fun walk/run \$15
- ★ Registration: www.finishlinepros.com or backside of page
(Day of @ Martha's park.)
- ★ Time: 5K race starts at 8:00am. 1 mile Fun Run starts at 9:00am.
- ★ Re-energizing post race breakfast to include: Pancakes, Sausage, Bacon, Fruit, Eggs, Juice, Coffee
Breakfast only: \$7 available from 7:00am—11:00am

All food will be served at the Morganton Community House

Contact: Waits Gordon, 828-390-4343 wgordon@compascable.net or

Bobby Walters, 828-443-1906 bltwalt@icloud.com

REGISTRATION or @ 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 /or picture in any broadcast, telecast, or other account of media related coverage of this event.

Signature X _____ Date _____

