

# 2K Walk Registration Form

\_\_\_\_\_  
Total Number Of Participants (including yourself)

\_\_\_\_\_  
Your Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City/State/Zip

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email

\_\_\_\_\_  
Other Walkers Names/Ages (as of 7/4/09)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**WAIVER & RELEASE FROM LIABILITY/READ AND SIGN:** Upon the acceptance of this entry in the Landfall Foundation July 4th 2K, all participants listed on this form waive any and all claims to which I/they may become entitled and hereby release the Landfall Foundation, Landfall COA, Country Club of Landfall, owners of premises on which the activity takes place, all other organizations, organizers, sponsors, representatives, their agents and employees and any other person(s) assisting in putting on the event, from any and all claims for damages or injury incurred as a result of participation in or traveling to or from this event. I attest that I have made all participants aware of of this release and they have given me their authority to sign for them. I authorize event officials to provide medical attention at my expense should I/they appear in need. I also give my permission for the free and unrestricted use of my/our name(s) and picture(s) in any broadcast, telecast, or written account of the event.

\_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

**T-shirt Sizes** (indicate how many, 1 per person):

CHILD: \_\_\_2T \_\_\_4T \_\_\_XS \_\_\_S \_\_\_M \_\_\_L

MALE: \_\_\_S \_\_\_M \_\_\_L \_\_\_XL

FEMALE: \_\_\_S \_\_\_M \_\_\_L \_\_\_XL

**Registration Fee:**  \$15 pp  \$12 pp (group discount)

**Pay by Credit Card:**

MasterCard/Visa #: \_\_\_\_\_

Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ 3 digit verification: \_\_\_\_\_

Name on card: \_\_\_\_\_

Signature: \_\_\_\_\_

**Pay by check:**

Make checks payable to Landfall Foundation

**Mail registration/payment to:**

Landfall Foundation July 4th Run  
1924 Pembroke Jones Drive, Wilmington, NC 28405  
*Or you can drop off forms at the CCL Sports Center.*



LANDFALL FOUNDATION  
PRESENTS THE

Landfall Foundation  
1924 Pembroke Jones Drive  
Wilmington, NC 28405  
www.LandfallFoundation.org  
info@LandfallFoundation.org

# JULY 4TH 5K 2K

**Saturday, July 4th, 2009**  
**Landfall**  
**Wilmington, NC**

[www.LandfallFoundation.org](http://www.LandfallFoundation.org)

ALL PROCEEDS BENEFIT  
WILMINGTON CHARITIES

Participation in this event helped support  
52 Wilmington organizations in 2008!

# LANDFALL FOUNDATION JULY 4TH 5K & 2K

## 5K & 2K Timed Registration Form

**SATURDAY, JULY 4TH, 2009, 7:30 A.M.**

### COURSE LOCATION

**5K Run/Walk and 2K Walk:** Landfall. Starting and finishing line will be in the cul-de-sac of Scrimshaw Place. All participants must park in the Landfall Clubhouse parking lot.

### RACE DAY SCHEDULE

6:30 - 7:15 a.m. Check-In & Walk-In Registration in Scrimshaw cul-de-sac. 7:30 a.m. Starting Gun.

### RULES

No 2-wheeled bikes, scooters, rollerblades, skateboards, or pets please. Strollers and tricycles are permitted for the 2K Fun Walk. Children under 18 must have parent/guardian sign for them. Children under the age of 8 must have an adult present.

### ENTRY FEES

**5K Run; 5K & 2K Walk (timed):** Registrations received by June 19th: \$25, t-shirts & medallions are guaranteed. Registrations received after June 19th: \$30, t-shirts & medallions limited to remaining stock.

**2K Fun Walk (not timed):** \$15 per person. Sign up more than one person on your registration form and receive a \$3 discount for EACH person! Registrations received by June 19th: t-shirts are guaranteed. Registrations received after June 19th: t-shirts limited to remaining stock.

**Strollers:** \$12 each for 5K and 2K, subject to same guarantees.

### REGISTRATION

Registration forms can be picked up and dropped off at the CCL Sports Center. You can also sign up or download a registration form online.

All entry fees are tax deductible. Entry fees are non-refundable. Mail in registrations must be postmarked by June 19th for 5K early registration discount!

Registration will close Tuesday, June 30th, 2009. There will be walk-in registration on Race Day, space available, from 6:30 a.m. until 7:15 a.m.

Registration packages can be picked up at the CCL Sports Center July 1st - 3rd, or at the starting line on raceday before 7:15 a.m.

### AWARDS

**5K Run:** Fastest Overall Male/Female. 1st, 2nd, 3rd Place finishers for Male/Female per age group; ages 12 & Under, then every 5 years of age to 70 yrs+. Photo Op for all winners.

**2K Walk:** Photo Op for 1st, 2nd, 3rd place finishers.

**Special:** Award and Photo Op for Best Costume.

*All winners will receive special recognition in the Landfall July 4th parade later that day.*

### FINISH, TIMING:

This is a road sanctioned event and a ChronoTrack Tag Timing system will be used.

5K Run    5K Walk (timed)    2K Walk (timed)

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth/Age (as of 7/4/09) \_\_\_\_\_

**WAIVER & RELEASE FROM LIABILITY/READ AND SIGN:** Upon the acceptance of my entry in the Landfall Foundation July 4th 5K Run/Walk & 2K Walk, I, my heirs, and my assigns waive any and all claims to which I may become entitled and hereby release the Landfall Foundation, Landfall COA, Country Club of Landfall, owners of premises on which the activity takes place, all other organizations, organizers, sponsors, representatives, their agents and employees and any other person(s) assisting in putting on the event, from any and all claims for damages or injury incurred by me, and/or occupant of my stroller, as a result of my participation in or traveling to or from this event. I attest that I am physically able and have sufficiently trained for this demanding event. I authorize event officials to provide medical attention at my expense should I appear in need. I also give my permission for the free and unrestricted use of my name and picture in any broadcast, telecast, or written account of the event. If registrant is under 18 years of age, parent must sign for consent.

Signature ( Parent/Guardian) \_\_\_\_\_

Date \_\_\_\_\_

Male    Female; T-Shirt Size:  S    M    L    XL

Add 1 Stroller; T-Shirt Size:  2T    4T    XS    S    M    L

### Registration Fee:

\$25 pp by June 19th    \$30 pp after June 19th

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1924 Pembroke Jones Drive, Wilmington, NC 28405  
Or you can drop off forms at the CCL Sports Center.



For more information

visit the website,

send an email to

info@LandfallFoundation.org,

or call Avery Wilmeth

@ 910-256-4444.

[www.LandfallFoundation.org](http://www.LandfallFoundation.org)

