



Awards

Cash Awards will be given to the Overall winner (M/F), Overall masters (40+) winner (M/F) and prizes awarded to Overall age group winners—top 3 male and female—age groups: 10 and under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90+. Overall winners will be displaced from the age group winners. Winners must be present at awards ceremony; awards will not be mailed.

Packets

Registration and packet pick-up will open at 7:30 am on Saturday at the Clawson-Burnley Park picnic shelters (across from the National Guard Armory, just below the Watauga County Swimming Pool Complex). Race day registration will end at 8:15 am.
*Early Packet Pick-up will be Friday, April 20th, 4:00—6:00 at the Greenway Trail Picnic Shelters.

Other

- *Refreshments will be provided after the race.
- *Leashed animals, skates, etc. which could interfere with other participants will not be allowed on the course.
- *Strollers are allowed, but must start at the back of the group.
- *Race/Walk will begin at the Clawson-Burnley Park picnic shelter area at 8:30 am.
- ***ALL** donations go to the North Carolina Firefighters' Burned Children Fund .
- ***ALL** pre-registered entries guaranteed t-shirt; race day entries will be first come and as available basis.



**Spring Thaw On A Mission 5K Run/Walk/Wheel
April 21, 2018
Registration Form**

Please complete and return the entire application with registration fee to:
Paula Ward 350 Lonnie Henson Rd Vilas, NC 28692

Name _____ Age _____ Date of Birth _____

Address _____ Phone # _____

City _____ State _____ Zip _____ Email Address _____

Gender (circle) **MALE** **FEMALE** T-shirt size (child) **M L** (adult) **S M L XL**

Entry Fee: \$15.00 Entry Fee (\$20.00 after April 6, 2018)
\$40.00 Family Rate (\$45.00 after April 6, 2018) ****3 t-shirt limit****

Spring Thaw 5K Run/Walk Entry Fee \$ _____

TOTAL\$ _____

Make checks payable to: Paula Ward and mail completed registration form with payment to:
Paula Ward
350 Lonnie Henson Road
Vilas, NC 28692

*****PLEASE READ & SIGN BELOW*****

WAIVER & RELEASE: I am in proper physical condition to participate in this event. In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against officials, volunteers, and/or sponsors of the Spring Thaw On A Mission 5K Run/Walk/Wheel for any injury or illness which may directly or indirectly result from my participation. .

SIGNATURE: _____ DATE: _____

(Parent if under 18 years of age)



Course

Beginning at the Clawson-Burnley Park picnic shelters on the Greenway Trail, runners will run to a designated marked spot near the end of the trail and back completing an accurate 5 kilometers or 3.1 miles. The run/walk starts at 8:30 am.

Fee

\$15 for pre-registered entries post-marked prior to April 6th. All entries received after April 6th will be \$20. Family rate is available to immediate family members living in the same household. All entries must be mailed together and completely filled out. There is a maximum of 3 t-shirts per family rate.

Proceeds

Proceeds will go to benefit the North Carolina Firefighters' Burned Children Fund, <http://www.ffbcf.org>. The proceeds earned are then used to provide non-medical assistance to child burn victims, and developing and implementing burn prevention programs.

Information

For further information about the run contact:

Paula Ward

828-297-4876

wardpy@appstate.edu

springthawoam5K.com



Firefighters'
Burned Children
Fund, Inc.

Watauga County Chapter

Spring Thaw

On A Mission

5K Road Race

April 21, 2018

8:30 am

Greenway Trail

Boone, NC



All

Runners/Walkers/Wheelers

Welcome!