

**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 26th, 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/proceeds go to the Joy Prom
- \*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 27, 2019  
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 12, 2019)  
\$40.00 Family Rate (\$45.00 after April 12, 2019) \*\*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 12th. All entries received after April 12th 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 **Joy Prom**, an annual event held for individuals with special needs and their families. A free event of fun activities, pamper stations, photo booths and dancing. Other outreach opportunities may benefit from the event as well.

## Information

For further information about the run contact:  
Paula Ward  
828-297-4876  
wardpy@appstate.edu  
springthawoam5K.com

**JOY PROM 2019**



# Spring Thaw

# On A Mission

## 5K Road Race

**April 27, 2019**

**8:30 am**

**Greenway Trail**

**Boone, NC**



**All  
Runners/Walkers/Wheelers  
Welcome!**