

**Race Information:**

**Folkmoot USA, The Haywood County Parks and Recreation Dept. and The Waynesville Parks & Recreation Dept. are proud to present the Folkmoot 4.01K Run/Walk and Kids Fun Run.** Information: Scot Worley (828) 734-6478 or Folkmoot USA at (828) 452-2997.

**Date:** July 14, 2012

**Time:** Race starts at 8:00am

**Location:** First Baptist Church on Main Street in downtown Waynesville, NC.

-From **South:** (Sylva/Franklin) Take US 23/74 North to Exit 100 (Hazelwood Ave.) Turn right and follow Hazelwood Ave. thru stoplight to Left on Main Street (light). Follow to First Baptist Church on left.

-From **North/East/West:** (Asheville/Knoxville) Take I-40 to Exit 27 to Waynesville. Take US 23/74 South to Exit 102 Turn right merge into US-276/Russ Ave. follow, turn right onto N. Main St. traveling about .4 miles until you reach First Baptist Church on your right.

**4.01K Run/Walk Adult Registration and Fees:** \$20 before Race Day, \$25 on Race Day. Participants can register before July 14 online at Lee Timing: [Leetiming.com](http://Leetiming.com) or pick up a registration form at the Folkmoot Friendship Center (address below). Every registered runner will receive a race t-shirt.

**Register online:** [www.LeeTiming.com](http://www.LeeTiming.com)

**Mail or deliver application to:**

Folkmoot USA – 4.01K

112 Virginia Avenue, P.O. Box 658

Waynesville, NC 28786

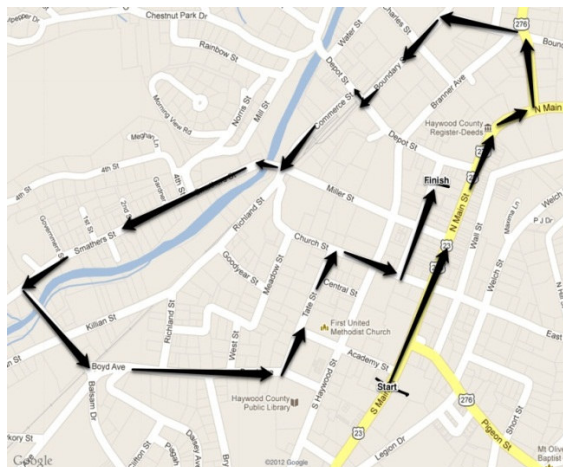
**Packet Pick-Up and Race Day Registration:** Packet Pick Up and Registration will start at 6:30am at the Start area.

**Awards:** Top 3 male/female overall and top male/female Masters will be awarded trophies. The first 3 male and female finishers in the 15 and under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80+ age groups will receive awards.

**Kids Fun Run:** \$8 before Race Day, \$10 on Race Day. 1K Fun Run for Ages 15 and under. All participants will receive a Race T-Shirt and finisher's medal

**New Course:**

The course begins in front First Baptist Church on Main Street Waynesville. It will run up Main Street where runners will take a left onto Boundary Street. Then a short left turn onto Commerce Street. which will lead into Smathers Street. Participants will then make a turn onto Boyd Avenue, then left onto Tate Street and a right on to Church Street then one last left to the finish line located on Montgomery Street. Each mile marker will be clearly marked with split times called out at every mile.



Name: \_\_\_\_\_

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

City: \_\_\_\_\_ ST \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone #: \_\_\_\_\_ Sex: M F

Age on 7/14/12 \_\_\_\_\_ Date of Birth \_\_\_\_\_

Email \_\_\_\_\_

Entry Fee: 4.01K Before 7/14	\$20
4.01K Race Day	\$25
Kids Fun Run Before 7/14	\$8
Kids Fun Run Race Day	\$10

Shirt Size: S M L XL

Total Enclosed: = \_\_\_\_\_

**Make Checks Payable to Folkmoot 4.01K**

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter a run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effect of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risk being known and appreciated by me. Having read this waiver and knowing these and in consideration of your accepting this entry, I for myself and anyone entitled to act on my behalf, waive and release all volunteers, the Waynesville Parks & Recreation Department, Town of Waynesville, Haywood County Recreation & Parks, Haywood County, Folkmoot USA, and all other sponsors and their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of the negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, or any other records of this event for any legal purpose.

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

(Parent or Guardian if under 18)

Date: \_\_\_\_\_