

Cat's Cradle 5K Race
June 24, 2023 8:00 am
Catawba Meadows Park
701 Sanford Drive
Morganton, NC 28655

Please write legibly and fill in all blanks. Failure to fully and accurately complete this form may adversely affect the timeliness and accuracy of the race results. We're sorry but entries deemed incomplete or illegible by the organizers of this event may be declined.

5K Entry Fees: \$20 postmarked through June 17th; \$25 through race day. Shirts are guaranteed only to those who register on or before June 17th so don't wait! Those under age 16 and 65 yrs and older, accept our \$5 discount on entry fees.

5K awards will be presented to the top 3 overall male & female finishers and the top 3 in the following age groups: 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Last Name _____ First Name _____ Age: _____
On Race Day!

Street Address _____ City/State/Zip _____

Telephone _____ E-Mail Address _____

		Shirt Size:	YOUTH SIZES			ADULT SIZES			
Male	Female		S	M	L	S	M	L	XL
<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Emergency Contact _____ Emergency Telephone No. _____

WAIVER: I fully understand that running a road or trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained to safely complete the event for which I am submitting this entry form and fee. I agree to abide by any decision of a race official relative to my ability to safely complete this run within the designated time limit. I further agree to surrender my race bib and timing chip (if provided) to any race official if directed to do so for any reason. I assume all risks associated with participating in this race, including but not limited to: falls, contact with other participants; runners; bikers; horses and other animals; the effects of weather, including heat, cold, or precipitation; vehicular traffic; the condition of the roads and/or trails; all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself, for anyone entitled to act on my behalf, and anyone for whom I am entitled to act waive, release and hold harmless the race organizer, Cat's Cradle, all other sponsors and property owners, Apage Timing LLC, and the agents, employees, officers, directors, and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this event. I also understand that baby joggers or strollers, roller skates, and pets are not allowed on the course at any time during this event. This event will take place race or shine. Sorry, no refunds.

Signature of Entrant _____ Date _____

Signature of Parent or Guardian if under 18 _____

Online registration available at <https://runsignup.com/catscradle5k10k>

Make checks payable to Cat's Cradle and mail to:

Frank Cooper
123 Starmount Circle
Morganton, NC 28655
(828) 334-7197

Amount enclosed: _____

Timing provided by Apage Timing, LLC

www.apagetiming.com