

Special needs runners, walkers and rollers will be able to participate in our special **Maddie's Mile** one mile race that will begin in conjunction with the 5K race. The early registration fee for these athletes will be \$10 which will include a race shirt. Special needs athletes may also register for the 5K race for the \$15 early registration fee. Fees will increase on June 10, so register early! If your athlete will require you to assist them in the race, you (or whatever adult helper you bring to participate) may purchase a race shirt the day of the race while supplies last. Extra race shirts will be available on race day for \$12, on a first come, first serve basis. We will only register **special needs runners** for the 1 mile race, and all Special needs finishers (both 1 mile and 5K) will receive an award!

Conover School serves approximately 150 students from Catawba County of whom are cognitively disabled, ranging in age from 3 to 22. Many of our students have severe medical and physical needs; many of our students are in need of total physical care and assistance; and many have other multiple disabilities such as visual impairments, hearing impairments, and autism in addition to their cognitive challenges. Student assignment to Conover School is through the IEP team process.

Proceeds from the race will be used to update the Conover School adaptive playground!

Thanks so much to our generous sponsors!

**SCHOFF
BELTING**

BAYADA PEDIATRICS

BISQUE 'N BEADS

MOSQUITO AUTHORITY

**GROWING SMILES
PEDIATRIC DENTISTRY
DR. ROSS PENLAND**

**CAROLINA PODIATRY CENTER
DR. WILLIAM JOHNCOCK**

**Saturday
June 18, 2016
Conover School
Announces our 4th Annual
5K Run & Roll and
Maddie's Mile
1 mile Special Needs event**



**Participate in
Our *relatively*
Flat 5K course!
Everybody runs...or rolls!
Conover School
108 7th St. Place SW
Conover, NC 28613
828-464-9532**

Registration Options

- Mail form to address listed on registration form
- Register at Conover School during office hours through Friday, June 17, located at 108 7th St. Pl SW.
- Secure online registration available at <https://runsignup.com/Race/NC/Conover/ConoverSchool5KRUnRoll>
- *Register on race day

*On site registration will be held on race day at the finish area on Conover School from 6:30 a.m. to 7:15 a.m. Registration will **CLOSE** at 7:30 a.m.

(Be sure to arrive early. You may not be allowed to register if you arrive late, due to organizational requirements.)

Packet Pickup

Race packets will be available at **Conover School** on Friday, June 17 from 5-7 p.m. You will be able to register at this time. You may also pick up your packet the morning of the race at Conover School.

Event Schedule for Race Day

Registration: 6:30-7:15 a.m.
5K & 1 mile Special needs event start: 8:00 a.m.

Course Description

This 3.1 mile race will start near the front of Conover School, and end at the school playground. The one mile special needs race will start at the same location. An aid station will be available on the course.

Yes indeed...Tech Shirts!

Tech Shirts will be guaranteed to the first 300 registrants. Please be sure to indicate size on the registration form. Sizes are available on a first-come, first-served basis and cannot be guaranteed.

Awards

The awards ceremony will be held once the results are tabulated.

Unique awards will be given in the following age groups:

1. Top three overall male and female runners
2. 1st place Masters finishers male and female
3. Top three male and female finishers in the following age groups:

10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79 and 80+.

The race course will be monitored for 90 minutes.

Get your color on!!

We LOVE color at Conover School! This year, we will give special awards to the most colorfully dressed runner, most colorfully coordinated group of runners (2 or more) and the most colorfully decorated wheelchair or stroller!

Contact information:

Carol Johncock (828) 234-5457

Email: cjohncock@charter.net

We are excited to have
David and Rhonda Lee at
Finish Line Pros
Providing ChampionChip timing,
handling all of our finish line needs
and tabulating the results of the
Conover School
5K Run and Roll!!

Registration Form for the Conover School 5K Run & Roll

By June 10--\$15, After June 10--\$25

Special needs 1 mile run & roll

By June 10--\$10, After June 10--\$20

Additional race shirts may be purchased while supplies last.

Please register only one runner on each form!

Name_____

Address_____

Phone #_____

Email_____

Age_____ (On June 18) _____M_____F

Please indicate the race you will be participating in:

Special needs 1M____ Special needs 5K____
5K race_____

Free Tech Shirt size (Circle One)

Adult XXS XS S M L XL XXL

Please make checks payable and mail to:

Conover School PTO

108 7th St. Pl SW

Conover, NC 28613

Release Waiver: I know that running is a potentially hazardous activity. I know that I should not enter the run/walk unless I am medically fit and properly trained. I assume all risks associated with participating in the 5K including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and humidity, or cold temperatures and rainy conditions; vehicular traffic and conditions of the road; all risks being known and appreciated by me. I give permission for the administration of medical aid in the case of emergency. I further give my permission for free use of my name, voice recording, and/or picture in any broadcast, telecast, or other account of media related coverage of this event.

Signature_____

(Parent or guardian if under 18)

Date_____