

Special needs runners, walkers and rollers will be able to participate in a one mile race that will begin in conjunction with the 5K race. The registration fee for these athletes will be \$10 which will include one race shirt. If your athlete will require assistance in the race, you (or whatever adult helper you will bring to participate) will not need to pay a registration fee. Extra race shirts will be available on race day for \$12 on a first come, first serve basis.

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!

Thank you to our
generous sponsors...

**SCHOFF BELTING
AND SUPPLY**

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LEE TIMING, LLC

BISQUE 'N BEADS

BOWEN PRIMARY &
URGENT CARE

**Saturday
June 22, 2013
Conover School
Announces their
Inaugural
5K Run & Roll**



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 21, located at 108 7th St. Pl SW.
- Secure online registration available through RunSignUp.
- *Register on race day

*On site registration will be held at the finish area at 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 21 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.

Contact information:

Carol Johncock (828) 234-5457

Email: cjohncock@charter.net

**We are excited to have
Lee Timing LLC**

**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 14--\$15, After June 14--\$25
Special needs division

By June 14--\$10, After June 14--\$20
Please register only one runner on each form!

Name_____

Address_____

Phone #_____

Email_____

Age_____ (On June 22) _____M_____F

Please indicate the race you be participating in:

5K race_____ Special needs division_____

Free Tech Shirt size (Circle One)
Adult S M L XL

Please make checks payable and mail to:
Conover School PTO
108 7th St. Pl SW
Hickory, 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_____