

Communities In Schools of Caldwell County

Zacks Fork Trail Run

Saturday, October 6, 2018

Location: Zacks Fork Mountain Bike Trail and Soccer Complex, 1050 Zacks Fork Rd, Lenoir, NC 28645.

Parking: Parking for participants is on site.

Details: Begins at 9:00 am (race day registration starts at 8:00 a.m.).

Course options 5K Trail Run or 1mi Fun Run or Walk.

The route follows: The Zacks Fork Trail is a multi-use trail that features excellent tread surface and an abundant variety of flowing berms, switch-back climbs, and a natural beauty in a lush forest setting. See map on flier.

Registration: Entry Fee for event prior to September 22, 2018 is \$25.00. Entries will be accepted after September 22, 2018 and on race day, but fee increases to \$30.00. Fun Run/ Walk fee is \$15.00.

Please Make checks payable to Communities In Schools of Caldwell County and mail to: PO Box 959; Lenoir, NC 28645. Entrants registering before September 22, 2018 will be given a t-shirt (specify size below). T-Shirts are first come first serve after September 22, 2018. All event proceeds go to benefit Communities In Schools of Caldwell County. No refunds will be given if the event is canceled due to inclement weather or other circumstances beyond CISC control. For any questions please contact Communities In Schools of Caldwell County at **828-929-2247** or **www.ciscaldwell.org**

Last Name _____ **First Name** _____ **Age On Event Date** _____

Mailing address _____ **City/State/ZIP** _____

Contact Phone # _____ **E-Mail Address** _____

Event: 5K route _____ 1mi Fun Run/Walk route _____ **Male** _____ **Female** _____

Shirt Size _____ S _____ M _____ L _____ XL _____ XXL **Youth Sizes** _____ S _____ M _____ L

Emergency Contact Name _____ **Phone Number** _____

WAIVER: I fully understand that running a road or trail run 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 run official relative to my ability to safely complete this run within the designated time limit. I further agree to surrender my run bib to any run official if directed to do so for any reason. I assume all risks associated with participating in this run, 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 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, my heirs, executors, administrators & assigns and anyone for whom I am entitled to act waive, release and hold harmless Communities In Schools of Caldwell County, City of Lenoir, Parks and Recreation, and all other property owners and sponsors, and all 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. I also give my permission for the free use of my name & picture in any broadcast, telecast, or written account of the event and I allow Communities In Schools, without restrictions, to share my name, mailing address and e-mail address with other related or unrelated organizations.

Entrant Signature _____ **Date** _____ **Parent/Guardian if under 18** _____

