

# Race Information

Date: Saturday, April 29, 2017

## SCHEDULE OF EVENTS

- 7:15am Onsite Registration & Check-In Information Tents Open
- 8:00am 10k River Run Starts
- 8:30am 5k Downtown Dash Starts
- 10:00am Course Closes
- 10:15am Awards Ceremony
- 11:00am Information Tents Close

Location: DiscoverYou!

420 East Central Ave., Mount Holly, N.C.

## COURSE DETAILS—IMPORTANT!

- ◆ Course run on public streets with rolling terrain and controlled traffic. 10k course crosses Catawba River bridge; 5k runs through historic Mount Holly.
- ◆ No animals allowed on course.
- ◆ Strollers allowed for runners only.
- ◆ Walkers on 5k course must move aside for 5k & 10k runners; slower groups cannot block course.
- ◆ No walkers allowed on 10k course.

## REGISTRATION\*

### 5k Downtown Dash:

	Until April 15th	April 16th- April 28th	Race Day
Under 18	\$15	\$20	\$25
18 & Over	\$25	\$30	\$35

### 10k River Run:

	Until April 15th	April 16th- April 28th	Race Day
Under 18	\$25	\$30	\$35
18 & Over	\$35	\$40	\$45

\*Processing fee added to race fee when registering online.

**T-shirts guaranteed only for registrations received by April 15th. Limited number for sale on race day on a first come, first served basis. All sizes are adult.**

## Mail-In Registrations:

Must be received by date indicated above. Make check payable to MHCDF and include with completed and properly signed Registration Form. Mail: MHCDF, P.O. Box 93, Mt. Holly, NC 28120

## Register Online:

[www.MountHollyFoundation.org](http://www.MountHollyFoundation.org)

## RACE DAY INFORMATION

### Early Race Packet Pick Up:

Friday, April 28th from 12:00noon to 6:00pm DiscoverYou!, 420 E. Central Ave., Mount Holly, NC.

### Awards:

In addition to Overall Male & Female Finisher, awards will be given for top finishers in each age group: under 10, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40+ Master, 50+ Grand Master, & 60+ Senior Grand Master.

### Door Prizes:

Drawings will be held throughout the morning. You must be present to win.

### Entertainment & Information:

Enjoy the music of DJ Groove who will also serve as Master of Ceremony. Information tents will be set up outside DiscoverYou! Come by and learn more about the Foundation and other happenings in our community.

### Runner's Nutrition Project:

Registered runners will receive a ticket for a free smoothie complements of our partners at DiscoverYou! Stop in to learn more about runner's nutrition including opportunities to ask the expert with renowned sports nutritionist Jennifer Brunelli. Information available for the whole family! Many thanks to our partners at DiscoverYou! and the Mount Holly Community Impact Fund for sponsoring this project.

### Your Foundation:

Run Mount Holly is a production of the Mount Holly Community Development Foundation. All proceeds of the race support the activities of the Foundation in our efforts to make Mount Holly a great place to live, work, shop, & play! Please visit our information tent during the race to learn more. Donations to the Foundation are greatly appreciated and can be made during the race or anytime online: [MountHollyFoundation.org](http://MountHollyFoundation.org).



[www.MountHollyFoundation.org](http://www.MountHollyFoundation.org)

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Mount Holly Community Development Foundation  
P.O. Box 93, Mount Holly, NC 28120  
Email: [MountHollyFoundation@gmail.com](mailto:MountHollyFoundation@gmail.com)  
Phone: 704.612.9171

## REGISTRATION FORM

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

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

City/St/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact Information:

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

Race Day Phone: \_\_\_\_\_

Allergies/Health Issues: \_\_\_\_\_

Age (Race Day): \_\_\_\_\_ Is this your first 5k or 10k Y N

T-Shirt Size: S M L XL XXL Gender: M F

\*\*No animals allowed. Strollers only for runners. No walkers on 10k River Run course. Course closes 10:00am\*\*

### WAIVER & RELEASE: (Please read carefully before signing)

I fully appreciate, assume, and understand the risks of participating on an open course that has vehicular traffic. These risks include death or injury due to vehicles, falls, collisions, hostile or careless actions by humans or animals, uneven pavement, road obstructions, adverse weather, sudden illness and all other risks which may or may not be explicitly stated herein. I am physically fit for the event. I authorize event officials to provide medical attention at my expense should I appear in need. For injuries that I sustain, including death, I hereby release and relinquish for myself, my heirs, assigns and agents and others acting on my estate's behalf all claims against Mount Holly Community Development Foundation, all sponsors, sponsor representatives, local governments, law enforcement personnel, volunteers, event staff, suppliers, contractors, and anyone else associated with organizing the events. I waive all royalty considerations for the use of photographs or other images taken of me during the race and its associated activities and the mentioning of my name in any media coverage, permitting any and such legal use without pay. I have read and understand all of this. I make this agreement and pay my entry fee in exchange for the privilege of participating under the event conditions.

Signature \_\_\_\_\_ Date \_\_\_\_\_

For participant under 18 years of age, a parent or legal guardian must also read and sign acknowledging Waiver & Release:

\_\_\_\_\_  
Name (Parent or Legal Guardian) - please print

Signature \_\_\_\_\_ Date \_\_\_\_\_

Run Mount Holly 2017 5k Downtown Dash / 10k River Run  
Mount Holly Community Development Foundation, Inc.

## REGISTER ONLINE:

[www.MountHollyFoundation.org](http://www.MountHollyFoundation.org)