



Triangle 5K

Run to Remember

Sunday, April 27, 2014

About Alzheimers North Carolina

For more than 30 years, Alzheimers North Carolina has been dedicated to providing education, support and services to individuals with dementia, their families, health care professionals and the general public while raising awareness and funding for research of a cause(s), treatment, prevention and cure for Alzheimer's disease and related dementias.

All funds raised and contributions received remain in North Carolina.

Learn more: www.alznc.org



Race Waiver

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running Triangle 5K – Run to Remember event including, but not limited to, falls, contact with other participants, effects of the weather, including high heat and/or humidity, low temperatures, traffic and conditions of the road or trail, 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, and anyone entitled to act on my behalf, or on behalf of my estate, waive and release Alzheimers North Carolina, Inc., Jim Young and Associates, the town of Cary, WakeMed Soccer Park, all sponsors of the race, and any other person(s) assisting with the race, their representatives and successors, from all the claims or liabilities of any kind arising out of my participation in this event even though the liability may arise out of negligence or carelessness on the part of the person(s) referred to in this waiver.

Permission is granted for the use of any photographs, motion pictures, recordings, or any other record of my participation in this event for any legitimate purpose. I understand that if the race is cancelled because of circumstances beyond the control of the race committee and sponsors, including, but not limited to unsafe weather conditions or governmental ban, my entry fee will not be refunded.

Signature and Date Required for Registration

Signature

Date

Registration Form

Name _____

Age _____ Gender _____

Street _____

City _____ State _____ Zip _____

E-mail _____

Phone Number _____

5K runners may choose to run for recreation (no official time given) or competitively (official chipped time given, chip available at registration on race day.) Please indicate your choice.

Recreational Competitive
 Kid's 100 Yard Dash Run

T-Shirt Size (circle one): XS S M L XL

T-shirts only guaranteed to participants registered by April 14.

Registration Fees

\$25 - Early Bird 5K Registration Fee (**before April 14, 2014**)
 \$30 - 5K Registration Fee (after April 14, 2014)
 \$ 5 - Kid's Dash

Onsite registration is available on April 27

Please make check out to Alzheimers North Carolina.

Cash Check

One participant per registration form please. Please return form and fee to
AlzNC, 1305 Navaho Drive, Suite 101, Raleigh, NC 27609.



Triangle 5K Run to Remember 2014 Sunday, April 27, 2014

WakeMed Soccer Park
201 Soccer Park Drive
Cary, NC 27511

Check in begins 1:45 p.m.
Kid's Dash begins at 3:00 p.m.
5K to begin immediately after Kid's Dash



Friday, April 25, 2014 4-7 p.m.

Packet Pick-Up: Omega Sports at North Hills
4120 Main at North Hills Street
Suite 145
Raleigh, NC 27609
(919) 420-1913

Registration Options:

- Online at bit.ly/AlzNC5K
- Drop off or mail your registration form and fee to:
AlzNC, 1305 Navaho Drive, Suite 101, Raleigh, NC 27609
- Race Day at WakeMed Soccer Park 1:45-2:45 p.m.

Prizes to be awarded on Race Day to the Top 3 Overall to competitive runners in the following age groups:
14 and under • 15-19 • 20-24 • 25-29 • 30-34 • 35-39
40-44 • 45-49 • 50-54 • 55-59 • 60-64 • 65 and up

No animals or strollers are allowed on the race course.

Questions? Call Richard Hiatt at (919) 832-3732
or e-mail development@alznc.org.