



REGISTER ONLINE at  
<http://www.sportoften.com>  
 Keyword search Change the World

### Entry Fees

5K Run (chip timed)/Walk - \$25

Race Day - \$30

Includes Tech T-shirt

1 Mile Fun Run - \$10

5K Race Champion Chip Timing

Age Divisions for 5K

15 and under

16-19

20-29

30-39

40-49

50-59

60 and over

\$1,000 in awards provided by Omega Sports  
 for 1<sup>st</sup>, 2nd and 3rd place in each division

## PRE-RACE DAY PACKET PICK-UP & REGISTRATION

**Friday, January 1, 1:00 p.m. - 5:00 p.m.**

**Omega Sports at Park West Village**

3025 Market Center Drive

Morrisville, NC 27560

For registration information or questions,  
 email [aeaster@nc.rr.com](mailto:aeaster@nc.rr.com).

### RACE RULES

- No dogs, in-line skates, bicycles, strollers or headphones.
- Pacing or companion runners are not allowed.
- Unregistered runners are not allowed.
- Numbers must be worn on the front and be visible at all times.
- Runners must follow the marked trail, and proceed without unauthorized physical or mechanical assistance from others.
- Race officials will determine order of finish if runners cross the finish line together.
- Runners must give passing room as soon as reasonably possible to runners who ask for the trail.
- Please do not run additional training miles on the course on race day because it compromises the safety and enjoyment of the race for others.
- Runners must complete the distance they sign up for to receive an award.
- For safety, runners who withdraw during the run must inform a race official or aid station volunteer.
- No littering, smoking or consumption of alcohol permitted on or around the course.

Race Director reserves the right to remove any competitor from the race and race course for whatever reason deemed necessary.

## 2016 Run to Change the World 5K Trail Run/Walk and 1 Mile Fun Run Registration

One entry per participant (or register online: <http://www.sportoften.com> -Search: Change the World)

Name \_\_\_\_\_ Gender [ M ] [ F ] Phone \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Age (required) \_\_\_\_\_ Birthdate (required) \_\_\_\_\_ Shirt: [ S ] [ L ] [ XL ]  
 Email \_\_\_\_\_ Race: [ 5K - TIMED ] [ 5K - UNTIMED ] [ 1 MILE ]  
 Make checks payable to: Men of Armor (Tax ID = 45-5079493)  
 Amount Enclosed \$ \_\_\_\_\_  
 Mail entries to: Run to Change the World, 2008 Killiam Mill Court, Cary, NC 27513

WAIVER: ONE WAIVER PER ENTRY: I understand that running or walking is a strenuous activity and that I am properly trained and medically able to participate in such activity. I agree to abide by the instructions of the race officials and volunteers. I agree to abide by all vehicular traffic laws and yield right of way in all situations where I may encounter motor vehicles along the racecourse. By accepting these statements, I hold Men of Armor, the race director, Jim Young, Young and Associates, the Town of Cary, sponsors and any and all other volunteers of this event harmless of any claims and liabilities that may arise from my participation in this event. I agree to allow my photo/video to be used in any publicity for future events.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Parent /Guardian if under 18 \_\_\_\_\_