

Registration Form

First Name: _____

Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____

Email: _____

Sex: _____ Age _____ Birthday: _____

(day of race) (mm/dd/yyyy)

☐ Recreational Runner ☐ Competitive Runner 5K

SHIRT SIZE: ☐ AS ☐ AM ☐ AL ☐ AXL ☐ AXXL

DONATION: I cannot participate in the Cantaloupe 5K but please accept my enclosed donation of \$ _____ to benefit the Ridgeway Historical Society.

Race Waiver/Release

I know that running a road race is a potentially hazardous activity. I should not enter or 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 the Ridgeway Cantaloupe 5K Run including, but not limited to, falls, contacts with other participants, the effects of the weather, including high heat and/or humidity, traffic, and conditions of the road, all such risks being known and appreciated by me.

Having read and understood this Waiver/Release and in consideration of your accepting my rights to make any legal claim against or to sue the Ridgeway Historical Society, Ridgeway Vol. Fire Dept., and the City of Ridgeway, their employees, representatives, volunteers, and all other sponsors, for any injuries or property damage sustained by me because of my voluntary participation in the road race. It is my intention to release the Ridgeway Historical Society, Ridgeway Vol. Fire Dept., and the City of Ridgeway, their employees, representatives, volunteers, and all other sponsors, from all claims and liability of any kind arising out or related to my participation in the Cantaloupe 5K.

Furthermore, I grant permission to all of the foregoing to use photographs, video recordings, or any other record of this event for any legitimate purpose.

Participant Signature Date

Parent Signature (if under 18) Date

Please enclose check for \$25 made payable to the
Ridgeway Historical Society and mail to:

Ridgeway Cantaloupe 5K Run
c/o Ridgeway Historical Society, Inc.
PO Box 45, Ridgeway, NC 27570

Or register online at www.runnc.com

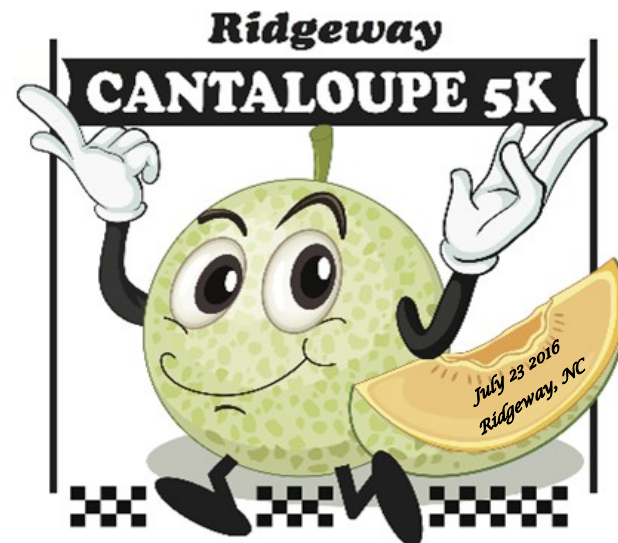
Ridgeway Cantaloupe 5K Run
c/o Ridgeway Historical Society
PO Box 45, Ridgeway, NC 27570



Supporting the
Ridgeway Historical Society

**Sat., July 23, 2016
8:00 AM Ridgeway, NC**

Supporting the
Ridgeway Historical
Society



Run

**Sat., July 23, 2016
8:00 AM**

Sponsored by the Ridgeway
Historical Society

About the Run



The Ridgeway Historical Society is excited to present the Ridgeway Cantaloupe 5K Run. This is an exciting event for the community as it celebrates the history of the famous Ridgeway Cantaloupe. This year, the run will be held on the Saturday following the festival to encourage more participants. A portion of the proceeds from the 5K run will benefit the Ridgeway Historical Society.

Race Day is Sat., July 23, 2016

Starting Time is 8:00 AM.

Divisions

Recreation Runners: Choose this classification if you do not care about being eligible for any awards and you do not want your finishing time to be recorded. You will be responsible for getting your own finishing time (we will have a digital clock at the finish line or you can time yourself).

Competitive Runners: Choose this classification if you want to be eligible for awards and/or if you want to get an official time.

Directions

The run will begin and end at the Ridgeway Vol. Fire Dept. located on US Hwy 1/158 eight miles north of Henderson and two miles south of Norlina. From I-85 take Exit 226 South onto Ridgeway Rd. Travel approx. two-and a half mile to US Hwy 1/158 and turn right.

GPS: 654 US Hwy 1 South, Norlina, NC

Race Route

Relatively flat out-and back route on asphalt street beginning and ending near Ridgeway Vol. Fire Dept. Water station will be set up at St. Paul's Lutheran Church (approx. turnaround point).

Registration/Package Pickup

Participants are encouraged to register early by completing the attached application form and mailing it along with your entry fee. Race day registration and packet pick-up will be held at the Ridgeway Vol Fire Dept. from 6:30 am—8am.

Register online at www.runnc.com

Entry Fee

The entry fee for both Recreation and Competitive runners is \$25. **Runners who register on or before July 1st will receive a Commemorative Technical Race Shirt.** A limited number of additional shirts will be available to participants who register after July 1st or the morning of the race on a first-come, first-served basis.

Awards

The awards ceremony will be held at the Ridgeway Vol. Fire Dept. 30 minutes after the race. Awards will be presented to the first three male finishers overall, to the first three female finishers overall, and to the top finisher in each of the following age groups (both sexes): 12—under, 13—19, 20—29, 30—39, 40—49, 50—59, 60—69, and 70—over.

For everyone's safety, running with dogs will not be permitted

Ridgeway Historical Society



The Ridgeway Historical Society promotes the history of Ridgeway and its people. It hosts the annual Ridgeway Cantaloupe Festival and the Ridgeway Cantaloupe 5 K run as well as other fundraising events. It operates a museum of the history of its people and of the area.



Got Questions?

For more information, contact Tommy Tucker at 252-213-0429 or email to Tucthm@aol.com.

Or register online at www.runnc.com