

Thank you to our Sponsors

ZAXBY'S



Selma Railroad Run
305 North Pollock Street
Selma, NC 27576



October 1, 2016



Selma Railroad Run

Saturday, October 1, 2016

Registration Form

Ways to Register:

1. Register on-line at www.runnc.com.
2. Mail Registration by September 28, 2016, to:

Selma Railroad Run
305 North Pollock Street
Selma, NC 27576

3. Race-day registration at the Intersection of Webb and Waddell from 6:45 to 7:45 a.m.
(Note registration discount if by 9/28/16)

Make checks payable to Selma Railroad Run.

Questions:

Joni Hubble-Zeneberg
jzeneberg@selma-nc.com
Phone: (919) 975-1411

Course

The course is a USATF Certified Course that is flat and fast. Chip timing will be provided.

Shirts

Runners/Walkers will receive a t-shirt (while supplies last).

Awards

5K awards will be presented as soon as results are calculated. Presentations will take place at the finish line. Awards will be given to the top two male and female. Awards will be presented to the first and second place male and female in each age division.

5K Run Age Divisions:

12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 +

All Family Fun Walkers will receive a participation medal.

(one entry form per runner, please)

Entry Fee: By 9/28 After 9/28

☐ 5K \$20 \$30

☐ Family Fun Walk \$15 \$25

Total Enclosed: \$ _____

Name: _____

Address: _____

City, State, Zip: _____

Phone Number: _____

Email: _____

Age: ____ (as of 10/1/16) ☐ Female ☐ Male

T-Shirt Size: ☐ AS ☐ AM ☐ AL ☐ AXL ☐ AXXL

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 decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the 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, waive and release the promoters, managers and operators of the Railroad Days, the Town of Selma, Jim Young, Young & Associates, the Race Director, the Race Committee, and all volunteers, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also agree to be contacted by the organizers or sponsors via e-mails as long as I am afforded the opportunity to opt out of future mailings. I grant permission to all of foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that bicycles, skateboards, roller skates or blades, animals and radio headsets are not allowed in the race, and I will abide by these guidelines. If, for reasons out of our control (i.e. an ice storm or such), we are unable to hold the event on the scheduled day, the race will be cancelled and not rescheduled. However, we will make all t-shirts available to those that registered. We will make every effort to run the race as long as it is safe to do so.

Signature: _____ Date: _____

(Parent or Guardian must sign if participant is under 18 years of age.)

Location & Starting Time

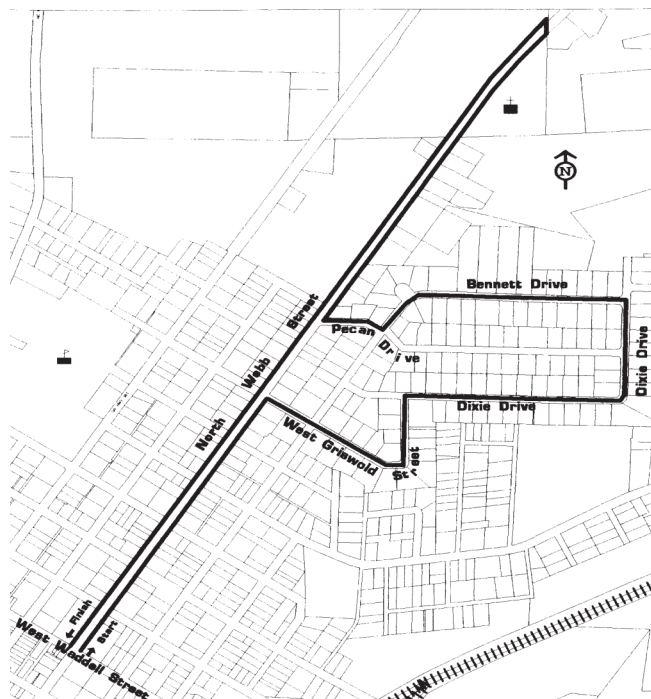
Webb/Waddell Street Intersection, Selma, NC

Interstate 95 – North & South: Take Exit #98 and turn right at the stop sign. Continue over the railroad tracks and turn right onto Sellers Street (road after BP Gas Station). Continue on Sellers Street and park on any of the side streets to the left or right of Sellers Street.

Highway 70 East: Take Exit #334 and turn left at the stop light (Tractor Supply Intersection) and go approx. 2.5 miles. Turn right onto Lizzie Street. Go 3 blocks and turn right onto Sharpe Street. Please park on Sharpe Street or any of the side streets left or right of Sharpe Street.

Highway 70 West: Take 70 West into Selma and turn right at the stop light (Tractor Supply Intersection) and go approx. 2.5 miles. Turn right onto Lizzie Street. Go 3 blocks and turn right onto Sharpe Street. Please park on Sharpe Street or any of the side streets left or right of Sharpe Street.

Map of Course



Registration/Package Pick Up from 6:45 to 7:45 a.m.

5K Race and Family Fun Walk starts at 8:00 a.m.