



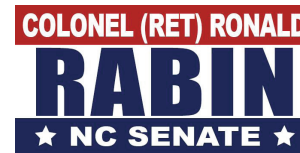
November 5, 2016
Lillington, NC

ERNEST SIMMONS
VFW POST 6722
Lillington, NC



Sponsors

Presenting



Frazees Trophies of Dunn

Silver



Bronze

Total Body Therapy and Wellness
Marine Corps League
Crossed Rifles Detachment 1346
SAAB Barracuda, USA
Cumberland Septic
Lillington Veterinary Hospital
Milton Realty Group

Name _____

Street _____

City _____

Phone _____

Email _____

State _____

Zip _____

T-shirt Size (circle one): S M L XL
Date of Birth _____ Age on Race Day _____

Gender (circle one): Male Female

RELEASE WAIVER AND ASSUMPTION OF RISK: (Please read carefully)

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, and anyone to act on my behalf, release and discharge, the Town of Lillington, the County of Harnett, the VFW Post 6722, its officers, agents, volunteers, operators of the Veteran's Day 5K Run/Walk from any and all claims of injury or liabilities of any kind, illness or damages suffered or sustained by me, as a result of my participation in or traveling to or from this event. I hereby confirm that I have been informed and am aware of the fact that certain risks of injury or other loss are inherent and immutably connected to the activities in which I wish to participate.

I assume all risks associated with running or walking in this event, including but not limited to, falls, contact with other participants, the effect of the weather (including high heat or humidity), traffic and the conditions of the road, all such risks being known and appreciated by me. I hereby certify that I am in such physical condition and good health and that I should not enter and run or walk unless I am medically able and properly trained. I further confirm that knowledge of these risks. I nevertheless knowingly and voluntarily request that VFW Post 6722 of Lillington allow my participation therein. I further affirm that I have been informed and am aware that this contract and covenant of my release be pleaded by VFW Post 6722, its officers, agents, or employees as a complete defense to any action or proceeding that may be brought or instituted by me or by my heirs or legal representatives in breach thereof.

Make checks payable to: VFW Post 6722

(Print/Sign/Date) (Signature of parent/guardian if under 18 years of age on Race Day)

Detach & Mail Completed Registration to: VFW Post 6722, Attn. Race Director, 409 S. Main Street, Lillington, NC 27546

About the walk/run

- On **November 5, 2016**, VFW Post 6722, the Ernest Simmons post, will host its fourth annual Veteran's Day 5k Run/Walk.
- The **3.1 mile**, USATF certified course will be on trails as well as asphalt and is mostly flat.
- The event will begin and end in the vicinity of the **Harnett County Veteran's Park** outside the County Courthouse.
- Volunteers and water points will be stationed along the route to help motivate, encourage, and assist each participant as necessary.
- **Timing and scoring** will be monitored by Young & Associates using a chip system.
- Packet pick up and late registration will take place on race day from 7:30 to 8:30 a.m.
- Race will take place **rain or shine** (no rain date).

Event schedule

Saturday, November 5, 2016

- 7:30-8:30 a.m.** Packet pick-up
Same-day registration
- 8:45 a.m.** Presentation of Colors
and National Anthem
- 9:00 a.m.** 5k Run/Walk
- 10:15 a.m.** Awards Ceremony

The race will begin promptly at 9 am. Ample parking will be available in the parking lots surrounding the County Courthouse at 301 W. Cornelius Harnett Blvd. Lillington, NC 27546.



How to register

5K Run/Walk Registration

\$25 (ends at 11:59 p.m. Oct. 24, 2016)

Participants receive a commemorative T-shirt

5K Run/Walk Late Registration

\$30 (Oct. 25, 2016, through Race Day)

Late registration participants receive a T-shirt on a first-come, first-serve basis.

Register online: www.runnc.com

*For additional information or questions,
e-mail the race director at:
racedirector.vfw6722@gmail.com.*

Win prizes!

Prizes will be awarded to the TOP THREE female and male overall finishers, as well as the TOP THREE females and males in the following age groups:
9-under, 10-19, 20-29,
30-39, 40-49, 50-59, 60-over



Who you're helping

Proceeds support:

Harnett County Veteran's Treatment Court and the VFW National Children's Home



The course

Course begins and ends near the flag pole in front of the courthouse. Head W, then turn S behind the Health Dept. Turn L and head SE on McKinney Pkwy. Make R and head SW on Alexander Dr. and make a loop through the Sandhills Farm Park and return heading NE on Alexander. Make a R and head E on McKinney before making a U-Turn and head back on McKinney PAST Alexander and make a R behind the Health Dept. and return to the S/F line.

