

Selma Railroad Run 305 North Pollock Street Selma, NC 27576



2017 2017 SELLAR RAILROAD RUN 5K & FUN WALK

October 7, 2017



Selma Railroad Run

Ways to Register:

- 1. Register on-line at <u>www.runnc.com</u>.
- 2. Mail Registration by October 1, 2017, to:

Selma Railroad Run 305 North Pollock Street Selma, NC 27576

 Race-day registration at the Intersection of Webb and Waddell from 6:45 to 7:45 a.m. (Note registration discount if by 10/1/17)

Make checks payable to Selma Railroad Run.

Questions:

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

Location & Starting Time

Webb/Waddell Street Intersection, Selma, NC

<u>Interstate 95 – North & South:</u> 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.

<u>Highway 70 East</u>: 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.

<u>Highway 70 West:</u> 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.

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

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

Saturday, October 7, 2017

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.

Map of Course



Registration Form

(one entry form per runner, please)

Entry Fee:		By 10/1	After 10/1
	5K	\$20	\$30
	Family Fun Walk	\$15	\$25
	Total Enclosed	: \$	_
Name: Address:			
City, State, Zip:			
Phone Number:			
Email: _			
Age:	(as of 10/7/17	7) 🛛 🖓 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 raising 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.)