



# 5K ROAD RACE

Saturday, April 30 - 8 a.m  
Sylva, North Carolina

## COSTS

Before April 23

Adults \$15  
Kids (13 & Under) 10

After April 23

Adults \$20  
Kids 15

The first 100 registrants will receive a pine tree seedling to commemorate Earth Day.

Make checks payable to Glory Hound Events.  
Mail To: Greening 5K, P.O. Box 383, Balsam, NC 28707

Enter online at [www.active.com](http://www.active.com)

## REGISTRATION FORM

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_

EMAIL \_\_\_\_\_ AGE ON 4/30/05 \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

GENDER \_\_\_\_ T-SHIRT SIZE S M L XL Please read, sign and date the following waiver information.

Please enter me as a participant in the Greening Up the Mountains 5K road race. In consideration of my entry fee being accepted, I hereby for myself, heirs, executors and administrators waive and release any and all rights and claims for damages I may have against Glory Hound Events, the Town of Sylva, promoters, managers, directors, officials, agents, employees, volunteers and Sylva Partners in Renewal for all injuries suffered by me while competing in and traveling to and from the race site.

I know that running or walking a road race is a potentially hazardous activity. I should not enter and run or walk 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 or walk. I assume all risks associated with running or walking, including, but not limited to, falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. I realize that this is a strenuous event which requires proper physical conditioning. I hereby certify that I am in such physical condition and good health.

With my signature on this form, I hereby give my permission for the free use of my name and picture in any written account, broadcast or telecast of this event for any legitimate purpose.

\_\_\_\_\_  
Signature (Parent or guardian if under 18)

\_\_\_\_\_  
Date