



2016 RUN FOR SHELTER

STOP DOMESTIC VIOLENCE IN ITS TRACKS

On Saturday, June 11 CWS is holding its 18th annual 5K/10K, 1 mile run/walk. Proceeds will support domestic violence services in Craven, Jones, and Pamlico Counties. The race will be held at Creekside Park in New Bern on a USATF certified course. Registration and packet pick-up will be from 7:00 to 7:45. The race begins at 8:00 AM. T-shirts will be handed out the day of the race. Awards will be given (5K & 10 K only) to the overall male and female winners, as well as to the 1st, 2nd, and 3rd place males and females in each age group. For more information call 638-4509 or visit www.coastalwomensshelter.org. Online registration can be done via active.com

Registration, via in-person, via mail or online, prices are as follows:

Advanced registration up until May 11: \$20 - 1 mile walk/run or \$25 - 5K or 10K
Advanced registration up until June 10: \$24 - 1 mile walk/run or \$30 - 5K or 10K
Day of registration on June 11: \$28 - 1 mile walk/run or \$35 - 5K or 10K

Age groups:

14 and under	25-29	40-44	55-59
15-19	30-34	45-49	60-64
20-24	35-39	50-54	65-69
			70 and above

Detach Before Mailing

COASTAL WOMEN'S SHELTER 5K RUN/WALK REGISTRATION FORM

Please complete the form below and enclose a check payable to Coastal Women's Shelter. Mail entries (postmarked no later than June 3, 2016) to:

Coastal Women's Shelter 5K Run
PO Box 13081
New Bern, NC 28561

Name: _____

Last name

First name

Mailing Address: _____

Street

City

State

Zip

Email: _____

Sex: _____

Date of Birth: _____

Age on Race Day: _____

Phone: _____

Amount Enclosed: _____

Race Selection (circle one):

1 Mile

5K

10K

T-Shirt Size (circle one):

SMALL

MEDIUM

LARGE

X-LARGE

I know that participating in this run/walk is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I, the undersigned, hereby remise, and forever discharge Coastal Women's Shelter, their representatives, sponsors and/or employees by reason of any damages or injuries which may be incurred by myself or my dependents while participating in this run or in any activities sponsored by this run.

Signature: _____

Date: _____

(Parent or guardian must sign if applicant is under 18 years of age)

