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**Kernersville
Downtown
Council**

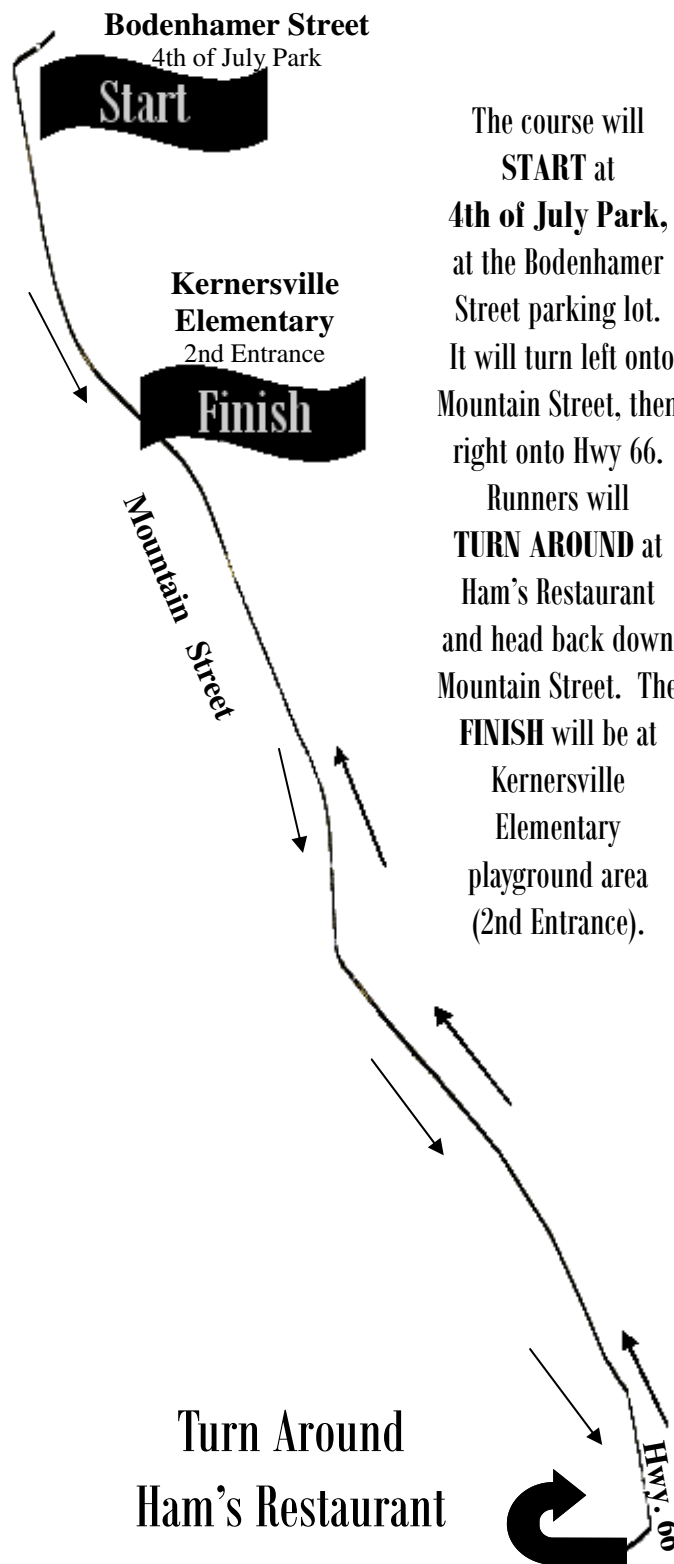
**Thank you for your
participation in the first ever**



This event is in conjunction with the Kernersville Downtown Council's *Holiday Open House*, which begins on Saturday, December 3, featuring a scavenger hunt from 2pm until 7pm.

Santa will be available in the KDPDC office (120 N. Main St) from 4-6pm!

Don't forget to join us for the *Town Christmas Tree Lighting* on Saturday, December 3 at 7:30pm in Harmon Park.



The course will **START** at 4th of July Park, at the Bodenhamer Street parking lot. It will turn left onto Mountain Street, then right onto Hwy 66. Runners will **TURN AROUND** at Ham's Restaurant and head back down Mountain Street. The **FINISH** will be at Kernersville Elementary playground area (2nd Entrance).



**Sunday, Dec. 4, 2011
2:00 p.m.
Kernersville, NC**



**Lead our downtown
Christmas parade!**

**5K Run on a fast,
certified course with a
downhill finish and
1,000s of spectators!**

**Turn Around
Ham's Restaurant**

DISCOVER *YourVILLE* IN **Kernersville!**

Registration Form

LOCATION:

Start at 4th of July Park, Bodenhamer Street entrance — Finish at Kernersville Elementary School, second entrance

ENTRY FEES/REGISTRATION:

Before: 11/25/2011- \$20

After: 11/25/2011 and RACE DAY - \$25

Register at www.Active.com or www.signmeup.com or mail in this form to 120 N. Main Street, Kernersville, NC 27284

CONTACT:

Curtis Swisher at 336-399-1039

Email: cswisher@toknc.com

Or Larissa Hess at 336-993-7583

Email: kdpc@triad.twcbc.com

ENTRY FEE INCLUDES:

Frosty 5K T-SHIRT

(T-Shirt guaranteed to pre-registered runners)

ELIGIBILITY FOR DOOR PRIZES and REFRESHMENTS AFTER EVENT

COURSE:

The course is a fast, **CERTIFIED COURSE.**

It is an out and back course with all miles marked.

The course runs the reverse direction of the 4th of July Parade Run course. It has a downhill last mile.

AGE GROUPS:

5 YEAR AGE GROUPS BEGINNING AT 14-UNDER and GOING TO 70-UP

AWARDS:

TROPHIES TO TOP 3 MALE/FEMALE OVERALL and TOP 3 MALE/FEMALE IN EACH AGE GROUP

PROCEEDS:

PROCEEDS BENEFIT KERNERSVILLE DOWNTOWN PRESERVATION & DEVELOPMENT COUNCIL, Inc. (501c 3 Non-profit)

Name _____

Street _____

City _____ State _____ Zip _____

Phone _____ Email _____

T-Shirt Size: Med. _____ Lg. _____ XLg. _____ XXL _____

(T-Shirt guaranteed to pre-registered runners)

Age on Race Day: _____

Gender: 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 assigns, and anyone to act on my behalf, release and discharge, the Kernersville Downtown Preservation and Development Council, hereafter referred to as KDPDC, its officers, agents, volunteers, operators of the KDPDC Frosty 5K, Town of Kernersville and sponsors whose facilities or services are being used for this event 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 riskiness 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 or 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 the KDPDC to allow my participation therein. I further affirm that I have been informed and am aware that this contract and covenant of release may be pleaded by the KDPDC, its officers, agents, or employees as a complete defense to any action or proceeding that may be brought or instituted by me or my heirs or legal representatives in breach thereof.

_____ (Seal) _____ (Date)

_____ (Seal) _____ (Date)

(Signature of parent or guardian if under 18 years old)

Mail Form and Check to: Kernersville Downtown Council, 120 N. Main Street, Kernersville, NC 27284