

# GARNER

*A Great Place to Be Running Series*

3rd Annual

## White Deer Dash

### Registration Form

please print

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Gender: \_\_\_Male \_\_\_Female

Daytime Phone Number: \_\_\_\_\_

T-Shirt Size: (circle one) **S M L XL XXL**

*T-shirts will only be given to 5K runners, all others must pay \$5 fee*

I am enclosing a check for: (check one entry option)

5K: \$30 entry fee before Aug. 6, 2010 \_\_\_\_\_

\$35 entry fee after Aug. 6, 2010 \_\_\_\_\_

Family Fun Run: \$10 entry fee \_\_\_\_\_

T-shirt: \$5 for Fun Run participants or extras \_\_\_\_\_

Total: \_\_\_\_\_

Make checks payable to: Mail form and check to:

**Town of Garner**

**Town of Garner  
Parks & Recreation**  
P.O. Box 446  
Garner, N.C. 27529

Online registration available  
at [www.fsseries.com](http://www.fsseries.com)

### RACE 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 decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running in the Garner a Great Place to be Running Series White Deer Dash on August 21, 2010

Having read this release and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf or on behalf of my estate, waive and release the Town of Garner, Finish Strong, Inc. and all race sponsors and affiliates, any other persons assisting with the race, the officers and assigns of each and every of the above from all claims or liabilities of any kind arising out of my participation in the race even though the liability may arise out of negligence or carelessness on that part of the persons referred to in this waiver.

I also grant permission for the use of any photographs, motion pictures, recordings or any other record of my participation in this event for any legitimate purpose. I understand that if the race is canceled because of circumstances beyond the control of the race committee and sponsors, including, but not limited to, unsafe weather conditions or governmental ban, my entry fee will not be refunded.

I have read and understand the terms and conditions of the race waiver. My signature is acknowledgement that I accept these terms.

\_\_\_\_\_  
Sign here

The Town of Garner  
presents the  
**White Deer Dash**  
5k & Family Fun Run

**GARNER**

*A Great Place to Be Running Series*

Town of Garner  
Parks & Recreation  
P.O. Box 446  
Garner, NC 27529



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*A Great Place to Be Running Series*

The Town of Garner  
presents the

3rd Annual

**White Deer Dash**  
**5k & Family Fun Run**

Saturday, August 21, 2010



## RACE DAY INFORMATION

**Saturday, August 21, 2010**

### White Deer Dash Schedule

- 1 mile Family Fun Run starts at 8:00 a.m.
- 5k Race Starts at 8:30 a.m.

## THE RACE

The White Deer Dash 5K run will start at Lake Benson Park and continue throughout the neighborhoods surrounding Lake Benson before ending back at Lake Benson Park.

The one mile Family Fun Run will be run on the trails at Lake Benson Park.

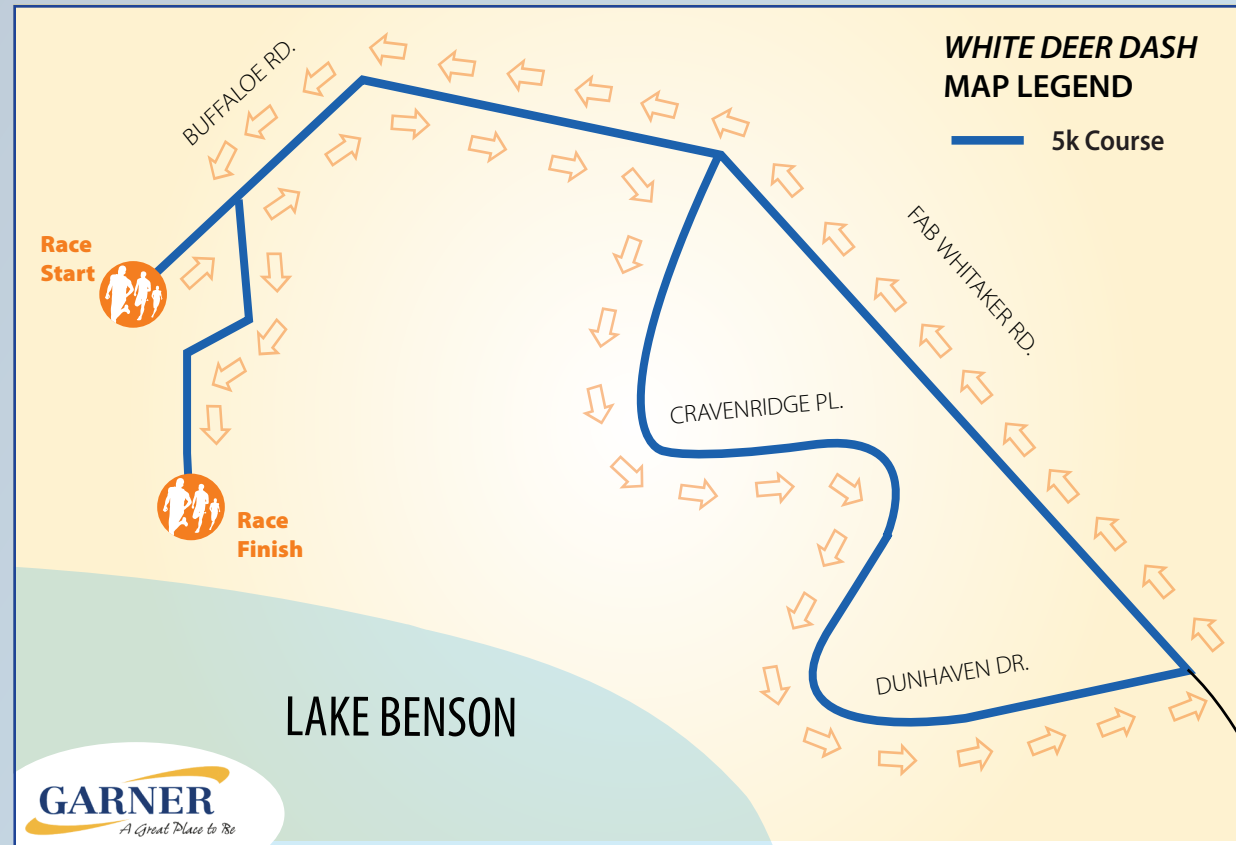
## LOCATION

The White Deer Dash is located on Aversboro Rd. in Garner. Directions to the race: From I-40 take the Garner exit 298A to 401S, left on 70E, take the Aversboro Rd exit, left on Aversboro entrance to Lake Benson Park is approx. 2 miles on the left and parking is available in designated areas throughout the park

## ENTRY FEES

The entry fee for the race is \$30 before August 6. Entry fee after August 6 is \$35. Please do not mail any registrations after August 6. You can also register online at [www.fsseries.com](http://www.fsseries.com) until August 18.

Entry fee for the Family Fun Run is \$10. The last day to register online is August 18. For the first 50 youth, ages 12 and under, reg-



istration for the Family Fun Run is free of charge. Please call Garner Parks and Recreation at 772-4688 to register.

## PACKET PICKUP

Packets can be picked up Friday, August 20 from 6 – 9 p.m. at Lake Benson Park shelter #1. They can also be picked up on race day, Saturday, August 21 beginning at 7 a.m. at Lake Benson Park.

## AWARDS

Prizes will be presented to the top three males overall and top three females overall, as well as prizes for the top three males and females in the following categories:

- 39 and under**
- 40 to 54**
- 55+**

## SAFETY

For the safety of all the runners, we must prohibit bicycles, roller skates, roller blades, and all other wheeled vehicles (except wheelchairs) from the race. We also consider the use of headphones to be a safety hazard and ask that they not be used. Only 3-wheeled jogging strollers with strap and hand break will be allowed.

## HOW TO REGISTER

1. Entrants may mail in their entry forms to the address listed below. Please do not mail any entries after August 6. Please do not send cash.

**Town of Garner Parks & Recreation**  
P.O. Box 446  
Garner, N.C. 27529

2. Entrants may register online at [www.fsseries.com](http://www.fsseries.com). Deadline for online registration is 5pm on August 18. Online entrants must use a credit card for payment.
3. Entrants may register in person at Lake Benson Park on Friday, August 20 from 6-9 p.m. We will also have registration on the day of the event beginning at 7 a.m.

## FURTHER INFORMATION

For more information please call the Garner Parks and Recreation Department at 919-772-4688.