

## DIRECTIONS TO LAKE JUNALUSKA

### **From I-40**

Take exit 27 onto US 19-23. Drive 3/4 of a mile. Take exit 103 and drive approximately 1 mile. Turn right at Lake Junaluska entrance located directly across from Camp Adventure Campground.

### ENTRY FEE

Runners/Walkers

\$20.00 if postmarked by March 15, 2010

\$25.00 after March 15<sup>th</sup>, 2010

Fun Run (Kids 10 & Under Free)

Group 5 or more \$15.00

Note: Tee Shirts will be given to the first 125 who register for the 5K and the first 125 who register for the 10K.

### **Strollers Allowed**

### PACKET PICKUP

7:30-8:30 am

April 3, 2010

Nanci Weldon Open Air Gym

Lake Junaluska

***Races will begin at 9:00 am***

### MAIL COMPLETED FORM TO

Lake Junaluska Conference &  
Retreat Ctr Attn: Erin Hogan  
PO Box 67  
Lake Junaluska, NC 28745

### COURSE

The course for both the 5K and 10K will begin and end at the Stuart Auditorium.

### AWARDS

The awards ceremony commences upon conclusion of the races.

### Age Categories:

10 years and Under

11-20 Male/Female

21-30 Male/Female

31-40 Male/Female

41-50 Male/Female

51-60 Male/Female

61-70 Male/Female

70 and Over Male/Female



### INFORMATION

For details and results:

[www.lakejunaluska.com/easter](http://www.lakejunaluska.com/easter)



**Lake Junaluska**  
Conference & Retreat Center

## **LAKE Junaluska 5K, 10K and FUN RUN Entry Form**

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

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

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Sex: Male \_\_\_ Female \_\_\_

Age on 4/3/10: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Event Entering: 5K \_\_\_ 10K \_\_\_ Fun Run\* \_\_\_

Shirt size: S M L XL **Applies to 5K & 8K entries only**

\*FUN RUN for ages 10 years and under

WAIVER: Upon acceptance of this entry, I, for myself, my heirs and assigns, hereby release the sponsors, officials, and volunteers of the Lake Junaluska 5K & 10K from any and all liability arising from illness, injury, or death I may suffer as a result of my participation in this event. I attest that I am physically able and have sufficiently trained for this event and am aware that participation in this event could result in physical injury. Should officials determine that completion of the event would be injurious to my health, I consent to be removed from the event and treated by designated medical personnel. I agree to accept the decisions of the officials as final. I also understand that wheeled vehicles including bicycles, skates and scooters are prohibited from the course. I give my permission for free use of my name and picture in any broadcast, telecast, or written account of this event. I also understand that the entry fee is NON REFUNDABLE FOR ANY REASON.

\_\_\_\_\_  
Signature of Runner

\_\_\_\_\_  
Parent/Guardian if Under 18 years of age

\_\_\_\_\_  
Date