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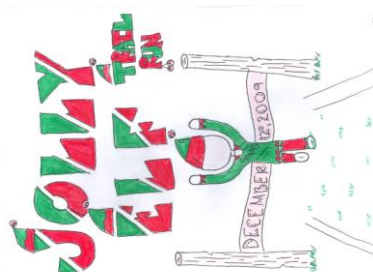
3761 NW CARY PARKWAY, SUITE 100 • CARY, NC 27513



www.DuLacWealthServices.com



Timothy M. Grinder D.D.S. P.A.



St. Michael School
4th Annual Jolly Elf Trail Run
810 High House Rd
Cary, North Carolina 27513



Bond Park, Cary, NC

**Saturday,
December 12th, 2009**

**1 Mile Fun Run 8:30 am
5K Run 9:00 am
200 Yard Kids' Dash 10:15 am**



Register Online

<http://school.stmcary.org>

SECOND EMPIRE GRAND PRIX

This race is part of the 7th annual Second Empire Grand Prix. All finishers of the 5K will receive points in the GP Series. For more information on the Series and a list of other events in the Series, go to www.secondempireraceraleigh.com

Entry Fees:

5K Run \$20 pre-registration
\$25 race day
1 Mile Fun Run \$10
200 Yard Dash \$5

T-shirts guaranteed to those who pre-register by December 5. NO SIZE SUBSTITUTION

Just interested in the cool shirt?
Purchase one for only \$10!

****Prizes will be given to the most festively dressed runners.****

Age Divisions for 5K

9 & under, 10-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70-74, 75-79, 80-Over

Champion Chip Timing for 5K

Course Information:

The Jolly Elf Trail Run will be held in scenic Bond Park, in the heart of Cary. The gently rolling 5K will consist mostly of hard-packed wood chip trails, with some pavement and grass but with good footing throughout the entire course.

PACKET PICK-UP and REGISTRATION

Bond Park Kiwanis Shelter
Friday, December 11, 2009
1:30-5:30 p.m.

RACE DAY CHECK-IN

Bond Park Kiwanis Shelter
begins at 7:15 a.m.

Parking at Bond Park is limited. Additional parking is available at St. Michael's Church

For information contact Cid Cardoso Jr.
cidjr@insideoutsports.com
919-466-0101 ext. 8

RACE RULES

- Pacing or companion runners are not allowed.
- Unregistered runners are not allowed.
- Numbers must be worn on the front and be visible at all times.
- Runners must follow the marked trail, and proceed without unauthorized physical or mechanical assistance from others.
- Race officials will determine order of finish if runners cross the finish line together.
- Runners must give passing room as soon as reasonably possible to a runner who asks for the trail.
- Please do not run additional training miles on the course on race day because it compromises the safety and enjoyment of the race for others.
- Runners must complete the distance they sign up for to receive an award.
- For safety, runners who withdraw during the run must inform a race official or aid station volunteer.
- No littering, smoking or consumption of alcohol permitted on the course.
- Anyone who breaks race rules will be disqualified from this race and from future events.

Race Director reserves the right to remove any competitor from the race and race course for whatever reason deemed necessary.

Sorry, we do not allow dogs, in-line skates, bicycles or headphones.

Application- ONE ENTRY PER RUNNER

Name _____ Phone _____
 Address _____ Email _____
 City _____ State _____ Zip _____ Birth date (required) _____
 Sex Male Female (circle one) RACE: 5K 1 MILE KID'S DASH T-SHIRT ONLY (check one)
 Shirt Size: (circle one) (No size substitution) Amount Enclosed \$ _____
 Adults: AS AM AL AXL MAKE CHECKS PAYABLE TO: St. Michael School
 Kid's YS YM YL XL
 MAIL ENTRIES TO:
 Colleen Baker
 603 Hogan's Valley Way
 Cary, NC 27513

WAIVER: ONE WAIVER PER ENTRY

I understand that running or walking is a strenuous activity and that I am properly trained and medically able to participate in such activity. I agree to abide by the instructions of the race officials and volunteers. I agree to abide by all vehicular traffic laws and yield right of way in all situations where I may encounter a motor vehicle along the racecourse. By accepting these statements, I hold the race director, St. Michael School, the Town of Cary, sponsors and any and all other volunteers of this event harmless of any claims and liabilities that may arise from my participation in this event. I agree to allow my photo/video to be used in any publicity for future events.

SIGNATURE _____

DATE _____

PARENT OR GUARDIAN IF UNDER 18 _____