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Interested in Running & Riding???

Tour De Tots:

31 and 62 mile
tour courses,
5k Family Ride



For more information, please log on to
www.cmc-northeast.org/tourdetots

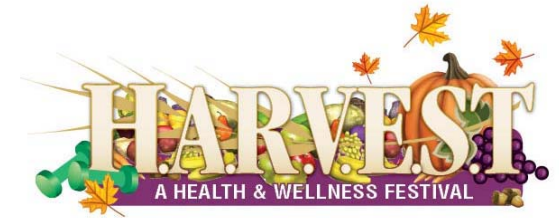
Health Fair Highlights:

PATRIOTIC 9/11 TRIBUTE
ACTIVITIES FOR KIDS
HEALTH SCREENINGS
MINI FARMERS MARKET

For more information, please log on to
www.cityofkannapolis.com

City of Kannapolis
Parks and Recreation
700 West C Street
Kannapolis, NC 28081

City of Kannapolis
Parks and Recreation



Health Fair 5K

Saturday,
September 11, 2010
7:45 am start

North Carolina Research
Campus & Village



704-920-4343

2010 H.A.R.V.E.S.T.
Health Fair 5K

NCRC Core Lab Building

Research Campus Drive, Kannapolis

Saturday, September 11

6:30AM Registration & Chip Pick-Up

7:45 AM 5K Run

Entry Fees

Dates	5K
Early Registration	\$15.00
Registration September 3 - 10th	\$20.00
Race Day September 12th	\$25.00

Cash or Check only. Make checks payable to
City of Kannapolis
Entry fees are non-refundable.

Registration

Register in person at the following locations:
Parks & Recreation Offices at Village Park;
700 West C Street; 704-920-4343

~ OR mail your registration to:
Kannapolis City Offices
Attn: HARVEST 5K
PO Box 1199; Kannapolis, NC 28082

~ OR register ON-LINE
by September 09
www.active.com

Race Day Registration & chip pick up begins
at 6:30AM near NC Research
Campus Core Lab Building

Age Groups & Awards

- ~ Top Female & Male Finisher
 - ~ Top 3 Male & Female in each age group
- ~ 17 & under ~ 18 - 24 ~ 25 - 34
~ 35 - 44 ~ 45 - 54 ~ 55 - 64
~ 65 & up

Awards will be presented at the completion of the H.A.R.V.E.S.T. 5K. After race day awards may be picked at the Kannapolis Parks & Recreation Department as they will not be mailed. Awards will be held for two weeks.

Packet Pick-up & Shirts

Race packets will be available for pick-up at the check-in booth beginning at 6:30AM on race day.

All early registration participants in the 5K will receive a t-shirt. Shirts are not guaranteed with race week or race day registration.

Logistics

- ~ Total Field (youth & adult) limited to 500
- ~ Participants will need to gather at the Core Lab Building, near the starting line at 7:15A for instructions
- ~ Race Day Registration and check-in will be outside the Core Lab Building.

City of Kannapolis Parks and Recreation

700 West C Street
Kannapolis, NC 28081
Phone: 704-920-4343
Fax: 704-920-4342
E-mail: btolle@cityofkannapolis.com

H.A.R.V.E.S.T. 5K Registration Form

Name _____
Address _____
City _____
State, ZIP _____
Phone _____
Email _____
Age & Date of Birth (mm/dd/yyyy) _____
 Male Female

Shirt Size

Youth Small Youth Medium Adult Small
 Adult Medium Adult Large Adult X-Large
 Adult XX-Large No shirt, thank you

Entry Fees	Dates	5K
Early Registration; Thru September 2		\$15
Registration; September 3—09		\$20
Race Day; After September 09		\$25

TOTAL AMOUNT ENCLOSED:

Cash or Check only. Make checks payable to City of Kannapolis.
Entry fees are non-refundable.

Waiver

THIS MUST BE SIGNED IN ORDER TO PARTICIPATE IN THIS EVENT. In consideration of my application being accepted, I accept any risk of participation in the run and agree to hold harmless the City of Kannapolis and all sponsors, all officers, directors and members of said organizations, their respective employees, agents and any other individuals who are in any way associated with this event, including volunteers. I attest and verify that I am in proper physical condition to compete in this race and understand the risk and rigor associated therewith and I have sufficiently trained for the competition of this event. I also give my permission for the free use of my name, picture in any written account, broadcast, telecast of this event for any legitimate purpose. I understand that if the race is cancelled because of circumstances beyond the control of the race committee and sponsors, including but not limited to hazardous weather conditions or government ban, my entry fee will not be refunded. I understand that I will be charged \$35 if I do not return the Champion Chip after the race.

Signature (parent or guardian if under 18)

Bib Number:

Chip Number: