



# 2<sup>nd</sup> Annual "Phoenix 5K: Race Against Cancer"

Race organized by:  
**McMichael High School  
History Club**

Race Website: (Donate Online)  
[fundraising.livestrong.org/grassroots2010/jwphoenix5k](http://fundraising.livestrong.org/grassroots2010/jwphoenix5k)

Race directed by:  
**Jon Williams**  
[jwilliams@rock.k12.nc.us](mailto:jwilliams@rock.k12.nc.us)

Benefiting:  
**Lance Armstrong Foundation**

When: May 22<sup>th</sup>, 2010  
10:00 a.m. (registration and pick-up begins at 9:00 a.m.)  
\*\*course walk at 9:30\*\*

One Mile: Certificates will be awarded to all participants. Overall winners will receive prizes for age groups. Age groups are: 0-5, 6-7, 8-9, 10-12, 13-15 (for ages 15 & under only)

Where: Farris Park – 2878 Park Road Mayodan, NC 27027  
(336)427-0124

Door Prizes: Door prizes are open to all participants of 5K or Fun Run.

Course: Official 5K course used by the McMichael High School cross-country team.

Amenities: T-shirt (guaranteed for all pre-registered participants), Livestrong yellow wrist bracelet, hot-dog lunch for all participants, Awards for overall and age group winners and Fun Run participants.

Make checks payable to:  
McMichael High School History Club

Entry Fee: The 5K run/walk Early Bird fee is \$20. The Fun Run Early Bird fee is only \$15. Early bird entrants get two chances in door prize drawings. Late registration (after May 18<sup>th</sup>) is \$25 for 5K and \$15 for Fun Run.

Send entry forms and fees to:  
Phoenix 5K – McMichael History Club  
McMichael High School  
6845 Highway 135  
Mayodan, NC 27027

5K run: Overall male and female winners. Top-3 in each age group will be awarded prizes. 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70+

**\*\* NEW THIS YEAR\*\***  
**Taylor Swift Tour Gift Bags Available On First Come – First Serve Basis to Participants!!!**

5K walk: Overall male and female winners, and top-3 in each age group will be awarded prizes. Age groups are: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+

**REMINDER: HOT DOG LUNCHEON AND AWARDS TO FOLLOW RACE/WALK COMPLETION. ALL PARTICIPANTS WILL RECEIVE T-SHIRT (GUARANTEED FOR PRE-REGISTRATION) AND LIVESTRONG BAND.**

## 2<sup>nd</sup> Annual Phoenix 5K: Race Against Cancer Registration Form 2010

Circle Event:                      5K run                      5K walk                      1-mile Fun Run

Name: \_\_\_\_\_ Age (on 5/22/10): \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work/Cell Phone: \_\_\_\_\_

T-shirt size (circle one): Youth S M L                      Adult S Adult M Adult L Adult XL Adult XXL

I hereby certify that I am adequately fit to run in this race. In consideration of the acceptance of this entry, I, the undersigned, for myself, my personal representative, beneficiaries, and heirs, knowingly waive, release, and discharge any and all rights and claims which I have or may have hereafter accrue to me or my estate against the McMichael High School History Club, and/or other sponsors, organizers, and volunteers and assigns for any and all injuries or death suffered by me in this event. I will also allow my picture and name to be used in publications as a result of this race.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(A parent or legal guardian must sign for all participants under the age of 18)