

The 14th Annual
MCDOWELL COUNTY PARKS AND RECREATION

Registration: 7:00 am

10K&5K: 8:00 am

Mile Run: 9:00 am

Awards/Prizes: 10:00 am

**Mountain Glory
Challenge
Foot Race**

5 K & 10 K FOOT RACE
MARION, NC

OCTOBER 9, 2010

Course Records:

5KM/F

Trent Munson (15:06.6)

Bev Veals (19:54.4)

10K M/F

Mark Lundblad (35:13.08)

Joan Pyatt (43:34.9)

Registration: Early registration postmarked on or before September 24, 2010 is \$17.00 for 10K and 5K and \$7.00 for the 1 Mile Run and Competitive Walk. Add \$3.00 for race day registration and \$7.00 for any additional shirts. Registration tables will be set up in front of the McDowell County Recreation Department with information about the race there.

Course: The race*begins at the McDowell County Recreation Department on Academy Street. The route is very challenging along the scenic residential roads of Marion. Several tough hills make up the 5K and the first half of the 10K. Elevated Mountains to the North and West are visible along the way. Water stations aline the course along with markers at each mile.

Awards: \$50.00 for 1st place overall male and female for 10k and 5k. Grand trophies for 1st and 2nd overall male and female for 10k and 5k, \$25.00 for new course record. Trophies for top 3 finishers in each age group for male and female. Trophies for top three finishers, under age 13 in the Mile Fun Run. Ribbons only for participants in the Competitive Walk.

Age Groups: (Male and Female) 13 and under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over.

**MAKE CHECKS PAYABLE TO: MCDOWELL COUNTY PARKS AND RECREATION
25 ACADEMY STREET MARION, N.C. 28752
(828) 652-3001**

(Cut here and send in below portion with entry fees)

Your Name: _____ Age: _____ Sex: _____

Address _____

City/St/Zip: _____

Telephone _____ Birth Date: _____

Race Entering (circle one): 10K 5K 1 Mile Run 1 Mile Competitive Walk

#Additional Shirts: _____ (add \$7.00 for each) Shirt Size: S M L XL

WAIVER: (PLEASE READ CAREFULLY) In consideration for the acceptance of this entry, I hereby, for myself and my heirs, executors and assigns, and anyone entitled to act on my behalf, release and discharge McDowell County Parks and Recreation, Sponsors, promoters, managers, directors, officials, agents, employees and volunteers of the Mountain Glory Challenge in the entry form above from any and all claims of injury or liabilities of any kind, illness or damages suffered by me, as a result of my participation in or traveling to and from this event. I know that running and/or walking a road race is a potentially hazardous activity, I should not enter and run or walk unless I am medically able to and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run or walk. I assume all risks associated with running or walking in this event, including, but not limited to, falls, contact with other participants, the effect of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. I realize that this is a strenuous event which requires proper physical conditioning. I hereby certify that I am in such physical condition and good health. I also give my permission for the free use of my name and picture in any written account, broadcast or telecast of this event for any legitimate purpose.

Signature: _____

Date: _____