



The mission of the Historic Wilmington Foundation is to protect and preserve the irreplaceable historic resources of Wilmington and the Lower Cape Fear Region

**DATE**  
Thursday, September 16th

**TIME**  
6:30 pm

**ENTRY FEES**  
*Individual*  
Pre-registered walkers and runners  
**\$25 per person**

Race day registration  
**\$30 per person**

*Corporate*  
Teams must be comprised of 5 runners  
**\$100 for team of 5**

*Fees include back pack (first 500 participants) and visors, awards to top finishers, post race party with free beer and pizza.*

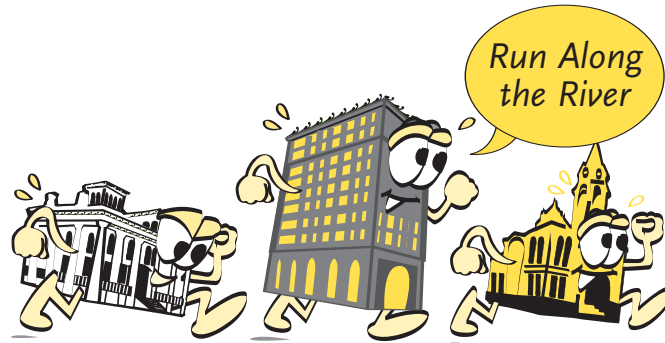
**COURSE**  
Brand New Certified Course starting behind the Chamber of Commerce on the Riverwalk

**SUGGESTED PARKING**  
Street meters are free after 6:30 pm  
City parking decks on map

Parking available in the Chamber of Commerce parking lot after 5:00 pm only

**AGE BRACKETS**  
Under 19, 20-29, 30-39, 40-49, 50-59, 60 & up

**AWARDS**  
*Corporate Team*  
Awards to the top 2 corporate teams  
  
*Individual*  
Awards to the top 3 finishers in each age group, overall male and female finishers, plus Masters; and to the first walker to finish

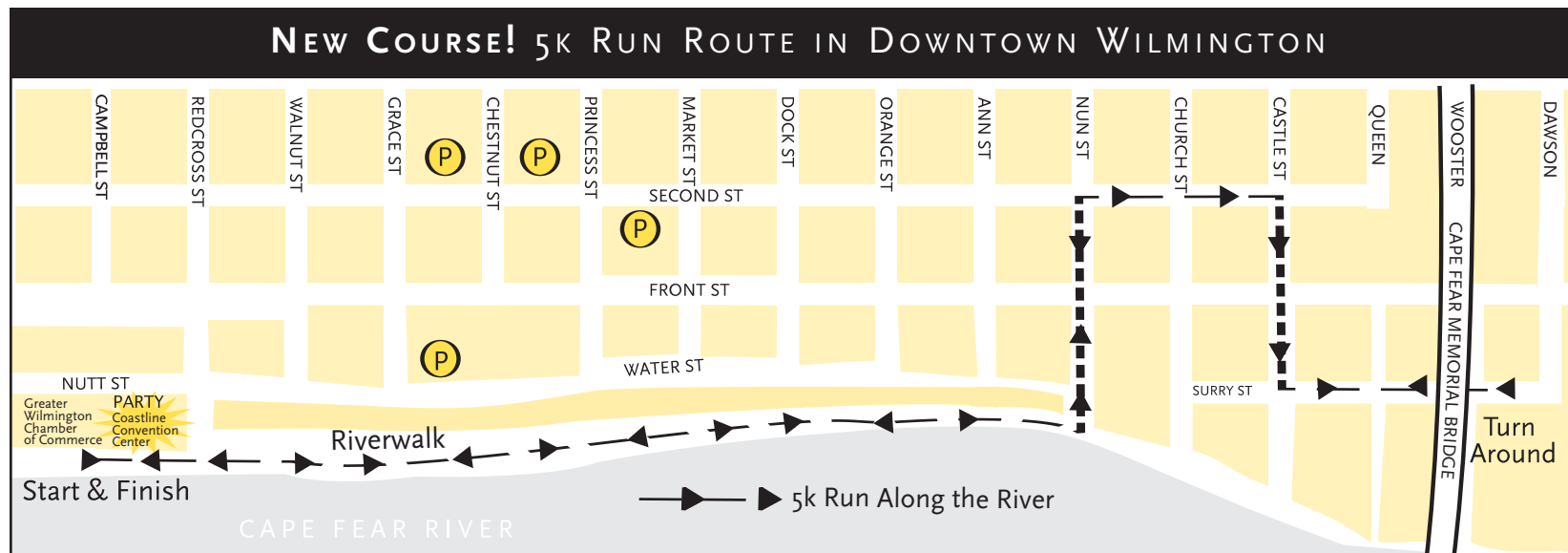


**POST-RACE PARTY**  
Join us for food, beer and awards at the Best Western Coastline Inn & Convention Center after the race.

**REGISTRATION**  
Mail in pre-registration by September 9th  
  
Early packet pick-up at Omega Sports:  
Wednesday, September 15th from 3-8 pm  
Thursday, September 16th from 9-12 pm  
**Hanover Center**  
3501 Oleander Dr.  
910.762.7212

On-site registration and packet pick-up at registration behind Wilmington Chamber of Commerce on race day at 4:30 pm. Registration will close 15 minutes prior to race start.

**REGISTER ON-LINE**  
[www.active.com](http://www.active.com) by September 15th  
Pre-registered walkers and runners **\$25 per person**  
Race day registration **\$30 per person**



Please fill out, enclose registration fee and mail to:

Historic Wilmington Foundation, Inc.  
516 North Fourth Street  
Wilmington, NC 28401  
Phone 910.762.2511 Fax 910.762.1551

Sign Waiver on back! Runner  Walker

PLEASE PRINT

Name

Address

City

State

Zip

Phone

Age on race day

Gender

E-mail Address

\$

Amount Enclosed

Make checks payable to Historic Wilmington Foundation



Preservation Leadership Since 1966

# WAIVER RELEASE & INDEMNIFICATION FORM

In consideration of the acceptance of my entry in the Historic Wilmington Foundation Run/Walk for Preservation on September 16, 2010:

- 1 I hereby agree to comply with all the rules and regulations and event instructions.
- 2 For myself, my executors, administrators, heirs, next of kin, and assigns, I hereby:
  - a Waive and release any and all claim that I may have against the Historic Wilmington Foundation, its members, volunteers, employees, sponsors, including all claims for damage caused by negligence of any of them, arising out of my participation in the event and its related activities, together with any costs including attorney fees that may be incurred as a result of any such claim whether valid or not.
  - b Indemnify and hold harmless those released and each of them against any such claim that I or any minors accompanying me or my guests or anyone or more of my or their executors, administrators, heirs, next of kin, successors, or assigns may have or assert against any costs, including attorneys' fees with respect thereto.
- 3 I hereby acknowledge that participation in the Historic Wilmington Foundation Run/Walk for Preservation competition carries with it potential hazard. I therefore release the Historic Wilmington Foundation, its members, volunteers, employees, sponsors of any liability resulting from injury or death during the event and its related activities.
- 4 I hereby acknowledge that I have sole responsibility for my personal belongings and athletic equipment during the event and its related activities.
- 5 I hereby attest and verify that I am physically fit and have sufficiently trained for this competition and that my physical condition has been verified by a licensed medical doctor.
- 6 I hereby consent to receive medical treatment which may be deemed advisable in the event of an injury, accident, and /or illness, during the event.
- 7 I hereby agree that in the event of a cancellation due to a storm, rain or other "acts of God" conditions, my enrollment fees shall be non-refundable.

How did you hear about the 5K?

Written signature of participant or guardian required      Date  
(Guardian signature required for participants under 18)

Make checks payable to Historic Wilmington Foundation

## THANK YOU TO OUR GENEROUS CORPORATE SPONSORS

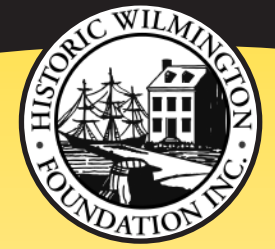


### ADDITIONAL THANKS

- Azalea Coast Plastic Surgery
- Cape Fear Public Utility Authority
- Carolina Skin & Vein
- Elijah's Restaurant
- Colin Hackman
- Front Street Brewery
- Gold's Gym
- Greater Wilmington Chamber of Commerce
- Incredible Pizza
- Mixto Restaurant
- Robert Hobson
- Slice of Life Pizzeria & Pub
- Tidal Creek Cooperative Food Market
- Laura Trivett
- Wilmington Water Tours

Historic Wilmington Foundation  
516 North 4th Street  
Wilmington, NC 28401  
historicwilmington.org

Non Profit Organization  
U.S. Postage  
PAID  
Wilmington, NC  
Permit No. 656  
WILM. RR. Museum  
Change Service Requested



Thursday, September 16<sup>th</sup>

Race Begins at 6:30 pm behind

Greater Wilmington Chamber of Commerce

RAIN or SHINE

historicwilmington.org