

**Organizations Assisted by Elizabeth
City Junior Woman's Club:**

- Food Bank of the Albemarle
- Albemarle Hopeline
- United Way
- Elizabeth City Parks and Recreation
- Chamber of Commerce
- Pasquotank County Library
- SAFE Schools Fund
- Girls Inc.
- EC-Pasquotank County Schools
- Albemarle Hospital Foundation
- COA Scholarship
- Sallie Southall Cotten Scholarship
- Juniorette Scholarship
- Operation Smile
- American Red Cross
- Relay for Life
- American Cancer Society
- Toys for Tots
- Benjamin House
- Wesley House
- Salvation Army
- Haley Mitchell Ski-A-Thon for SMA
- Families of SMA
- Boys and Girls Homes
- Victory Junction Gang Camp
- Samaritan's Purse
- Health Department
- Area Families in Need

Last year, over \$7,000 was donated to the local community by the ECJWC.

**Elizabeth City Junior Woman's Club
Spring Sprint 5K Fun Run**

PO Box 1742
Elizabeth City, NC 27906

Phone: 252-267-4573

Email: SpringSprint5k@yahoo.com

Elizabeth City Junior Woman's Club



Spring Sprint

5K Fun Run

May 17, 2014

Charles Creek Park

Elizabeth City

8am Packet Pickup

9am Race Time

Tel: 252-267-4573

Spring Sprint 5K Fun Run Mail-in Registration Form

Registration Form:

\$20 on or before May 16th
\$25 after May 16th

Registration fees cover t-shirt, bibs and goodie bag.
No entry fee can be refunded.

Make Checks payable to : ECJWC

Mail to:

P.O. Box 1742
Elizabeth City, NC 27906-1742.

If you would like more information about this event,
contact the Spring Sprint 5K Fun Run

Chairperson e-mail:
SpringSprint5k@yahoo.com
or phone 252-267-4573

Awards & Age Groups

Top 3 male and female finishers in each of the following categories: 18-40 & 41-64. Top 3 youth and Top 3 ages 65 and up.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Age: _____

Phone Number: _____

Email Address: _____

Gender: _____ M _____ F

T-Shirt Size (Adult) S M L XL XXL

Supported in part by US Potato Board, NC Potato Festival, Runnersworld.com and RoadId.com

Read & Sign Registration Form Waiver:

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including, but not limited to: falls, contact with other participants, the effects of the weather, including cold, snow and/or ice, high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release race organizers, its directors, officers and staff, the city of Elizabeth City and its employees, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of person named in this waiver. I grant permission to all off the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

I understand that headsets of any kind, dogs on leashes, in-line skates and bicycles are prohibited and that violation of this prohibition will result in disqualification.

Signature _____

Guardian Signature (if under 18 years) _____ Date _____

Packet Pickup starts at 8:00 am.
Race Start Time: 9:00 am.

Race Course: The race begins and ends at intersection of Riverside Ave and Water Street.

Race Prizes: To be presented after race.

Activities: North Carolina Potato Festival - All day family event on Main Street
FMI 252-338-4104

Late Registration & Packet Pick Up: Begins at 8am at Charles Creek Park pavilion.

For Your Safety: Water stations and a medical team will be available. The following are not allowed: bikes, skateboards, rollerblades, dogs, headsets and unregistered runners.

Parking: Participants and spectators are asked to park at Charles Creek Park or Dog Park. Parking at Waterfront Park is restricted to volunteers only.

