



**ANNUAL 5K RUN/WALK**

**Saturday, April 24, 2010**

**Course**

The race will begin at Mark Watson Park in downtown Sylva; the course winds its way behind the historic courthouse with two climbs (Savannah Drive and Wilkes Crescent Drive) and finishes back at the park.

**\*Please note that this run includes one short but strenuous hill!\***

**Awards**

Top three overall, Male and Female  
Top three in each age division:  
12 & under / 13-15 / 16-19 / 20-29 / 30-39 / 40-49 / 50-59 / 60-69 / 70+

**Registration**

\$20 registration fee prior to event  
Must be received by April 20<sup>th</sup>  
\$25 race day registration fee  
Forms may be dropped off at these locations:  
**Jackson County Recreation Center**  
88 Cullowhee Mtn. Rd., Cullowhee  
**Base Camp Cullowhee**  
210 AK Hinds UC/Cat's Den, Cullowhee  
**Blackrock Outdoor Co.**  
570 W. Main St., Sylva  
**Motion Makers Bicycle Shop**  
552 W. Main St., Sylva  
**Jackson County Chamber of Commerce**  
Hooper House, 773 W. Main St., Sylva  
Registration is available at [www.active.com](http://www.active.com).  
Forms may also be printed from  
<http://rec.jacksonnc.org> or  
[www.downtownsylva.org](http://www.downtownsylva.org).

**Race Day Schedule**

Check in and registration: 8:00 a.m. Mark Watson  
Race starts at **9:00 a.m.**  
Awards ceremony and refreshments offered at  
Mark Watson Park after completion.

**Directions**

Mark Watson Park is located behind the old Courthouse in downtown Sylva. Take Exit 83 from Highway 74 West, turn right at the first stop light, and drive less than one mile. The entrance to the park is on the left.

**Greening Up 5K Run/Walk Entry Form**

**Mail to:** Jackson County Recreation/Parks Dept.  
88 Cullowhee Mountain Road  
Cullowhee, NC 28723

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Email** \_\_\_\_\_

**Age** (as of April 25th) \_\_\_\_\_ **Gender** \_\_\_\_\_

**T-shirt size** Small Medium Large X-Large XXL  
*(shirts are guaranteed to the first 75 registered)*

**Fees (check one):**

Pre-registration (by April 20th) \_\_\_\_\_ (\$20)

Race day registration \_\_\_\_\_ (\$25)

**Please make checks payable to JCRPD.**

**Waiver:** Upon acceptance of my entry, I for myself, my heirs and assigns, hereby release the JCRPD, sponsors, volunteers, and officials of the Greening Up the Mountains 5K race from any and all liability arising from illness, injury or death I may suffer as a result of participation in this event. I attest that I am physically fit and have sufficiently trained for this event, and am aware that participation could result in injury. Should officials determine that completion of the event would be injurious to my health, I consent to be removed from the event and treated by designated medical personnel. I agree to accept the decisions of the officials as final. I also grant permission to event officials to use my photograph or any recording of the event for legitimate purposes.

Athlete's signature

\_\_\_\_\_

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



**The 2010 5K Race is sponsored by the Jackson County Greenways Project.**  
We support land and water conservation, healthy living and access to natural resources for all our citizens and visitors.