

Save The Date !



Join the Aquatic Center Annual Road Race Fun Run/Walk

(5 K run., 1 mile walk/run)
uncertified course

Saturday Sept. 18, 2010

9:00 am

(Race day registration and t-shirt pick up 7:00—8:30)
Contact for more info www.ccaw.net

Race Starts at:

**Cape Carteret
Aquatic & Wellness Center**

300 Taylor Notion Road
Cape Carteret, N. C. 28584
(252) 393-1000

Registration forms can be dropped off / mailed to the address above

Registration Fee

\$15.00 1-mile

\$20.00 5K

\$50.00 families of 4

All proceeds go to support

Newport

Developmental

Center

Newport, North Carolina



Name _____ gender : F M **1 mile 5K**

Address _____
please print

Email address _____ Phone _____

Age Divisions: 14 & under 15-19 20-29 30-39 40-49 50-59 60-69 70-79 80 up

Shirt size: adult only XXL XL L M S

Make Checks payable to NDC

Please read and sign this waiver:

It is expressly agreed that participation in this event is done so at the risk of the entrant. Cape Carteret Aquatic & Wellness Center and Newport Developmental Center shall not be liable for any injuries sustained while participating in the event.

signature

Make it a family event !