

# Seahawk 5k Cross Country Race

**When:** Friday, September 5, 2008, 7:00pm

**Where:** Campus of UNCW, Recreation Field near the athletic facilities.

**Cost:** \$20 for pre-registered (entry form and fee must be received by Wednesday, September 3<sup>rd</sup>); \$25 for day of race registration. Day of race registration will be done at the finish line until 6:00pm.

**Course:** The course is entirely off road on grass, sand, and some gravel. The start and finish line are on the field near Hanover Gymnasium, across from Parking Lot A. The course loops around the various UNCW athletic facilities and, if needed, will be well lit.

**Awards:** 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> overall Male and Female; 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> overall Masters (40+) Male and Masters (40+) Female; All registered participants will receive a T-shirt.

The Open 5k Cross Country Race will start at 7pm following the completion of the college races which are at 6pm (men's college) and 6:30pm (women's college). We invite you to come early to watch the college 5k races, as well as come back on Saturday morning to watch about 60 high schools from across the state and nearly 2,000 high school athletes take part in the 22<sup>nd</sup> Annual adidas Seahawk Cross Country Invitational. The first of 8 races begins at 8:00am with the top boy's race at 9:20am and the top girl's race starting at 9:50am. In addition, UNCW has a home women's soccer match vs. ECU starting at 7:00pm so feel free to stick around and catch that action as well. With your race bib #, admission is just \$2 for the game.

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Name: \_\_\_\_\_ Age (as of race day): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone Number: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Gender: Male / Female T-shirt Size: Small Medium Large X-Large

Make Checks out to "**Seahawk Club**" and mail along with this registration form to:

**Layne Schwier, UNCW Athletic Department, 601 S. College Rd., Wilmington, NC 28403.**

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## Waiver & Release of Liability

I know that running a cross country race is a potentially hazardous activity. I should not enter unless I am physically able and properly prepared. In consideration of acceptance of my participation in the Seahawk 5k Cross Country Race, I, my heirs and my assigns waive any and all claims to which I may become entitled and hereby release UNC Wilmington, the State of North Carolina, UNCW Athletics, the UNCW Coaching Staff, and all involved in the management of this event from any and all claims for damages or injuries incurred by me as a result of my participation in or travel to or from this event

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature (if under 18 years old)