

# RUN AT THE RIDGE 5K

This event will begin at Cedar Ridge High School at 1125 New Grady Brown School Road Hillsborough, NC 27278

The race will begin promptly at 9:00 AM on Saturday, May 12, 2012

Walkers Welcome!

## ENTRY FEES

(INCLUDES T-SHIRT)

|                       | BEFORE RACE DAY | ON RACE DAY |
|-----------------------|-----------------|-------------|
| Adults 18 and above   | \$20.00         | \$25.00     |
| Children 17 and under | \$15.00         | \$20.00     |

## ENTRY FEES

Mail this form to:

Cedar Ridge Athletic Boosters c/o Jeff Johnson

1125 New Grady Brown School Road

Hillsborough, North Carolina 27278

or complete this form online at:

<http://www.runtheeast.com/>

## AWARDS

**1<sup>ST</sup> place overall (male & female)**

## ADDITIONAL AWARDS

**Top male and female in the following age groups:**

**12 and Under**

**13-19**

**20-29**

**30-39**

**40-49**

**50 and Over**

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## RACE 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 the "Run at the Ridge 5K Run/Walk" on May 12, 2012, including but not limited to falls, contacts with other participants, the effects of the weather, including high heat and/or humidity, low temperature, traffic conditions of the road, all risks being known and appreciated by me.

Having read this release and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf or on behalf of my estate, waive and release the CEDAR RIDGE ATHLETICS BOOSTER CLUB the COUNTY OF ORANGE the ORANGE COUNTY SCHOOLS, the RUN THE EAST LLC, and the USATF all sponsors of the race, any persons assisting with the race, the officers, Board, Board members, agents, servants, employees, and their successors and assigns of each and every of the above from claims or liabilities of any kind arising out of my participation in the race even though the liability may arise out of negligence or carelessness on that part of the persons referred to this waiver.

I also grant permission for the use of any photographs, motion pictures, recording or any other record of my participation in this event for any legitimate purpose. I understand that if the race is canceled because of circumstances beyond the control of the race committee and sponsors, including, but not limited to unsafe weather conditions or governmental ban, my entry fee will not be refunded.

## MAIL IN REGISTRATION FORM

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Phone Number \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Gender \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Circle T-shirt Size (adult sizes only):      S      M      L      XL      XXL

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Please make checks payable to:

**Cedar Ridge Athletic Boosters**

c/o Jeff Johnson, Athletic Boosters President,  
1125 New Grady Brown School Road,  
Hillsborough, North Carolina 27278

I have read and agree to the race waiver:

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature (if registrant is under age 18) \_\_\_\_\_

You can also download a race application at: <http://www.orange.k12.nc.us/crhs/> OR register online at <http://www.runtheeast.com/> OR register in person at the race site. Race day registration begins at 7:30 am.

## **GENERAL INFORMATION AND PACKET PICK-UP**

The Course is certified by USATF. Course is a paved asphalt surface with gentle hills and slopes through scenic Hillsborough.

T-shirts are included in the entry fee for all participants. Additional t-shirts may be purchased for \$10 while supplies last.

All pre-registration packets can be picked up at Cedar Ridge High School 1125 New Grady Brown School Road Hillsborough, North Carolina 27278, on May 11, 2012 from 4 pm -6 pm and on race day beginning at 7:30 am at the race site. **Parking will be available at race site.**

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## RACE MANAGEMENT

The race is managed by the Cedar Ridge Athletic Boosters. Registration, timing and results are performed by Run the East. For further information, contact James, (252)902-9712 or [james@runtheeast.com](mailto:james@runtheeast.com).

## DIRECTIONS

### **85 – Coming South – (From: DURHAM)**

Take I-85 South to Exit #164 (Hillsborough – Daniel Boone Exit)  
At the Bottom of the Exit Ramp, turn **Left**.  
Go to the 3<sup>rd</sup> Stop Light (State Credit Union Bank on Right)  
Turn **Right** onto Oakdale Drive.  
Go to the end of Oakdale Drive,  
Turn **Left** onto Orange Grove Road.  
Go to the first stop light and turn **Right** onto New Grady Brown School Rd.  
Cedar Ridge will be on the **Right**.

### **I-85-Coming North (From: Burlington-Greensboro area)**

Take I-85 North to Exit #164 (Hillsborough-Daniel Boone Exit)  
At the Bottom of the Exit Ramp take a **Right**.  
Go to the 2<sup>nd</sup> Stop Light (Credit Union on the Right)  
----Same as Above----

### **I-40 West (Coming from: Chapel Hill/Raleigh/Durham)**

Take Exit #261 (Hillsborough Exit)  
Take a **Right** at the Stop Sign (Old Hwy. #86)  
Go to the 1<sup>st</sup> Stop Light (Credit Union on Left)  
Take a **Left** onto Oakdale Drive  
----Same as Above----

### **I-40 East: (Coming from: Greensboro)**

Take Exit #261 (Hillsborough Exit)  
Take a **Left** at Stop Sign (Old Hwy. #86)  
----Same as Above----