



WHEN: Saturday— August 8, 2009

WHERE: Cheshire Fitness Club
25 Jane Jacobs Road
Black Mountain, NC 28711



START TIMES: 8:30 am = **5K Start**
6:45 am = "Pump" portion of Pump & Run

ENTRY FEES: Sourwood 5K = \$20 until August 1st, then \$25^T
Pump & Run = \$25 until August 1st, then \$30^T

ON-LINE REGISTRATION:
Available via link at www.Sourwood5K.com



PACKET PICK UP & ON-SITE REGISTRATION:

At Cheshire Fitness Club:
Friday, August 7th: 5:00 to 7:00 pm
Saturday, August 8th: 6:45 to 8 am

COURSE: Maps at www.Sourwood5K.com



PUMP & RUN: See complete Pump & Run rules at Sourwood5K.com

AWARDS: 9:30am approximate start of Awards Ceremony

Sourwood 5K:

Overall: Top three (3) Male & Female*#

Masters: Tops three (3) 40+ Male & Female **

Age Groups: Top three (3) Male & Female in 5 yr

Divisions (Race Day Age) 14 & Under, 15-19, 20-24,75+

Pump & Run: Top three (3) Male & Female\$ = 5K run time less "Pump" deductions.

WAIVER: All competitors will be required to sign a waiver at packet pick-up.

FINE PRINT:

@ Entry fees are non-refundable or transferable

* Based on your 5K time. No "pumping" required

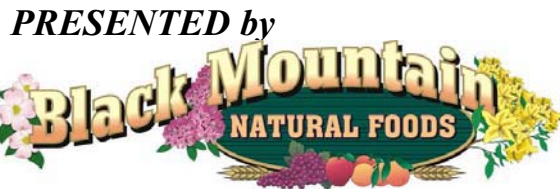
No duplication of awards

\$ All Pump & Runners are scored/included in 5K results.

T Only runners registered by August 1st are guaranteed a T-shirt

• Race will be held rain or shine.

• Race Management reserves rights to modify course or DQ any participants.



FOR MORE INFORMATION:

PHONE: 828-669-1902

EMAIL:

Sourwood5K@eventmercenaries.com

WEB: www.Sourwood5K.com

Mail completed application with payment to:

Event Mercenaries, Inc.

18 Seldom Home Drive

Black Mountain, NC 28711-8781

Make checks payable to:



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ENTRY FORM:

NAME: _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

GENDER: M F **DATE of BIRTH:** ___/___/___ **AGE On 8.8.2009:** _____

PHONE: _____ **EMAIL:** _____

EMERGENCY CONTACT: _____ **PHONE:** _____ **Is person at race?** Y N

SHIRT SIZE: (Check One) ___ Small ___ Medium ___ Large ___ X-Large ___ 2X-Large

EVENT: (Check One) ___ Sourwood 5K ___ Cheshire Pump & Run

EVENT FEE: Sourwood 5K = \$20 until August 1st, then \$25^T
Pump & Run = \$25 until August 1st, then \$30^T Total Enclosed: \$ _____



Rec'd _____ Amount _____ CK# _____ Bib # _____