



# RUN FOR THE RIBBONS

## Saturday, April 7, 2012

5K begins 9:00 a.m. ~ 1K begins 10:30 a.m.

Carolina Horse Park, 2814 Montrose Road, Raeford, N.C.

Run for the Ribbons 5K and Family Fun 1K is a colorful day of spirited competition, cancer awareness, survivor celebration and exhilarating horse racing at the 61st Stoneybrook Steeplechase. Registration fees include a T-shirt as well as admission to the 61st Stoneybrook Steeplechase races starting at 1:30 p.m.

The 5K begins and ends on the grassy racetrack, transitioning through a scenic, rolling woods eventing course. The Family Fun 1K travels one lap around the steeplechase track. **Gather up friends and family to compete as a team in the 1K! Proceeds benefit Moore Regional Hospital Foundation's Cancer CARE Fund**, which supports cancer patients in our community with funds for transportation, medications and other needs. Runners and walkers in both events may participate in honor or memory of family and friends.

**No strollers, bicycles, etc., allowed due to the uneven terrain. No dogs or other pets allowed.**

**Packet pickup is Friday, April 6, 2012, from 5 to 7 p.m. at the FirstHealth Center for Health & Fitness - Pinehurst, 170 Memorial Drive. Packets can also be picked up on race day, beginning at 7 a.m. at the registration tent.**

For details and updated information, please visit [www.RunfortheRibbons5k.com](http://www.RunfortheRibbons5k.com).

benefitting the



CANCER • CARE • FUND

Supporting Health and Hope for our Community

Moore Regional Hospital Foundation



Event Sponsor



## REGISTRATION FORM

**PRE-REGISTRATION DEADLINE: MARCH 29, 2012**

Registration is also accepted online at [www.active.com](http://www.active.com). Each runner/walker must submit a separate form with race entry fees. Please complete the registration form, provide credit card information or write a check payable to FirstHealth of the Carolinas, sign the waiver, and mail to: *Run for the Ribbons, FirstHealth Center for Health & Fitness-Pinehurst, 170 Memorial Drive, Pinehurst, NC 28374.* Phone: (910) 715-1843. **In order to ensure your requested T-shirt size, registration and payment must be received by March 19, 2012.**

**5K Pre-Registration Fee \$25 (before 3/29/12) ~ 5K Race Day Fee \$30 (after 3/29/12)**

**FAMILY FUN 1K TEAM NAME:** \_\_\_\_\_

**1K Pre-Registration Fee \$10 (before 3/29/12) ~ 1K Race Day Fee \$15 (after 3/29/12)**

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

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, ZIP: \_\_\_\_\_

(please circle) Race Entering: 5K 1K Sex: M F Adult T-Shirt Size: S M L XL Youth T-Shirt Size: S M L

I would like to participate:  in honor of \_\_\_\_\_ -or-  in memory of \_\_\_\_\_

Payment Enclosed:  Check ~or~  Credit Card (fill out below)  Visa  American Express  Mastercard  Discover

Credit Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ 3-Digit Verification Code: \_\_\_\_\_

Name on Card \_\_\_\_\_ Billing Phone: \_\_\_\_\_

Billing Address: \_\_\_\_\_ City, State, ZIP: \_\_\_\_\_

**WAIVER AND RELEASE:** I know that running a race on a grass track and a cross country trail 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 this event including, but not limited to, falls, contact with other participants, the effects of weather, including heat or humidity, the condition of the trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Foundation of FirstHealth, Carolina Horse Park, Stoneybrook Steeplechase, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. In consideration of your accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have, or that might accrue against the Foundation of FirstHealth, Carolina Horse Park, Stoneybrook Steeplechase, and their agencies, officers, and employees, for any and all injuries suffered by me in said event.

Signature: (required) \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature (if participant is under 18 years of age): \_\_\_\_\_