

Pre-Registration Form

3rd Annual Rotary/YMCA 5K Race

Saturday April 17th, 2010

Please fill out 1 form per participant, check all activities that apply.
Pre-Register before April 4th and save \$5!!

5K race

Family Fun Run

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Age: (on day of race) _____

Gender: Male Female

Parental Signature if under 18:

T Shirt Size (circle) S M L XL

5k Registration Fee: _____

Kids Fun Run Fee: _____

Amount Enclosed: _____

OUR SPONSORS

Title Sponsor:



Additional Sponsors:

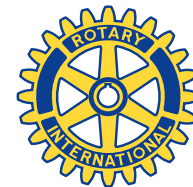
- Mashburn-Zsambeky-Rogers & Associates
- **Harrisburg Town Center**
- Harrisburg Hometown Pharmacy
- **Cabarrus Family Medicine-Harrisburg**
- Harrisburg Chiropractors
- Chad Johnson Orthodontics
- Rocky River Coffee
- Sharkfin
- Run For Your Life
- Harris Teeter
- MeeMaw Signs
- Zaxby's
- **Rocky River Community Church**
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- Technocom
- Ardsley Internal Medicine
- Ryan Foot and Ankle
- Rocky River Pediatrics

**Southwest Cabarrus
Rotary Club and the
Harrisburg Family
YMCA present**

The Harrisburg 5K



Saturday April 17th, 2010 8:00 AM with
Family Fun Run at 9:00AM



**Southwest Cabarrus
Rotary Club**



Cannon Memorial YMCA

KANNAPOLIS WEST CABARRUS **HARRISBURG**

We Build Strong Kids, Strong Families, Strong Communities

Date, Time & Place

Saturday April 17th, 2010. The 5K Race will begin in front of the Harrisburg Family YMCA at 8:00am sharp. The Family Fun Run will begin in the same location at 9:00am. The races will also finish in front of the Harrisburg Family YMCA. Fan Fest will include free music, food and entertainment for all racers.

Entry Fees

5K Race is \$15 prior to April 4th and \$20 from April 5th until the day of the race. The day of the race it will increase to \$25. 1 mile fun run is \$7 on or before April 4th and \$10 day from April 5th up to the date of race and on the date of the race it will increase to \$12. . Make checks payable to the Harrisburg Family YMCA.

Pre-registration

Pre-register in person at the Harrisburg Family YMCA or send to 4100 Main St. Suite 200 Harrisburg NC 28075 Attn: Mandie Condie or you can register online at www.cannonymca.org.

Race Day Registration

Registration begins at 6:30am on the morning of the race. T-shirts and goody bags are on a first come basis and not guaranteed for race day registrants.

T-Shirts and Awards

All participants with advance registration are guaranteed a T-Shirt and it is anticipated that all registrants will receive shirts. Prizes will be awarded to top 3 male and female 5K runners with additional 5k award categories for the age groups 10 and under, 11 to 15, 15 to 19, 20 to 24, 25 to 29, 30 to 34, 35 to 39, 40 to 44, 45 to 49, 50 to 59, 60 to 69, and 70 and over. All Children participating in the Fun Run will receive a prize.

Amenities

- Chip Timing
- Post race food
- DJ Entertainment
- T-Shirts for all Pre-Registrants
- Changing rooms and Lavatories
- Race results posted at <http://www.swcabarrusrotary.org>
- Awards Ceremony to Follow Race

Questions

Contact Mandie Condie at 704.454.7800 ext 323 or mcondie@cannonymca.org for additional information

Proceeds of the race will benefit charities selected by the Southwest Cabarrus Rotary Club and the Harrisburg Family YMCA Strong Kids Campaign.

Where will the funds go?

The Rotary Club of Southwest Cabarrus was the last rotary club founded in the 20th Century. Founded in December 1999, we are a continuously growing club of 30 members.

The motto of Rotary International, a service organization of over 1.2 million women and men worldwide, is "Service Above Self." That is our purpose globally and locally. The Southwest Cabarrus Rotary Club (Harrisburg, NC) organizes the Bank of NC Fall Short Track Series each fall to raise money in order to serve others. In our 2007 Race Series, we raised over \$4000.00 to fight polio and to fund other local club service projects. Once again this year we are "racing for a cause" and are introducing a local 5K running road race to support similar charities. Our net proceeds will support the final phase of polio eradication, and fund Alzheimer's research through Rotary.

The Cannon Memorial YMCA is a tax-exempt, not-for-profit organization that has served all of Cabarrus County and part of Rowan County since 1908. In December 2006 the Harrisburg Family YMCA joined the Cannon Memorial YMCA association as the third branch of our service area in Cabarrus County.

A portion of your registration fee will assist the YMCA in providing programs and membership to those who could not afford to participate otherwise. The Cannon Memorial YMCA depends on the financial contributions from individuals and corporations to continue improving the quality of life for children in our community. Every child deserves the chance to experience quality after school care, camp, sports, swimming and other skill and character building activities.