

## REGISTRATION INFORMATION:

Please Print (One Participant per Form)

Name: \_\_\_\_\_

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

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Gender: M F (circle one) DOB \_\_\_\_\_

Age: \_\_\_\_\_ (as of 11-2-13)

Shirt Size (circle one): S, M, L, XL, XXL,  
or Youth: S, M, L, XL

### FEES:

Make Checks Payable to: Darleen's Flamingo 5K  
915 Smith Shore Rd. Belhaven, NC 27810

\$15 by October 18th - Age 10 and younger \$ \_\_\_\_\_

\$20 by October 18th - Age 11 and older \$ \_\_\_\_\_

\$25 after October 18th - All Ages \$ \_\_\_\_\_

Make a Cash Donation \$ \_\_\_\_\_

TOTAL of Above: \$ \_\_\_\_\_

### WAIVER AND RELEASE OF LIABILITY:

I realize that running can be a hazardous activity, and that I and my heirs, executors, administrators, and assigns do hereby release the organizers, sponsors, all race personnel, from responsibility for any damages suffered by me as a result of my participation in this event. I give my permission for any photos, video or any other recordings, which contain me to be used for promotional purposes. I attest that I believe that I take full responsibility for my own safety before, during and after the event. I am healthy/fit enough to participate in this event.

Signature of Runner or Parent if Minor \_\_\_\_\_ Date \_\_\_\_\_

## BENEFIT:

The 3rd Annual Event raised \$17,500 for the Shepard Cancer Foundation. The 4th Annual Darleen's Flamingo 5K's net proceeds and donations will again benefit the Shepard Cancer Foundation in Washington, NC, in honor of Darleen Smith. Darleen fought a hard battle against Breast Cancer and lived by her favorite slogan, you "Make Your Own Party". This annual event will take place in her beloved waterfront community of Smithton, and pink flamingos will adorn the yards, roads and waterviews as you show your support in an effort to combat Cancer! Learn about the Shepard Cancer Foundation online at [www.shepardcancerfoundation.org](http://www.shepardcancerfoundation.org).



Shepard Cancer Foundation

## SPONSORSHIP:

Darleen's Flamingo 5K is made possible by the generous contributions of many family members, friends, local businesses and organizations. We would like to thank all of our sponsors for helping make our third event a success! If you would like to sponsor our event, please call us at (252) 945-6542 or email [5k@winkcpu.com](mailto:5k@winkcpu.com).

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# 4th ANNUAL Darleen's Flamingo 5K Race at Hubs Rec Road



"Make Your Own Party"

November 2, 2013  
Belhaven, NC

[www.flamingo5k.org](http://www.flamingo5k.org)

# EVENT INFORMATION:

## DATE:

Saturday, November 2, 2013

## TIME:

9:00AM

## PLACE:

End of Hubs Rec Road, at the "T", by the waterfront

## DRIVING DIRECTIONS:

From Belhaven/Hyde: Take Highway 99 across bridge, Take second road to the left onto Hubs Rec Road and follow signs.

From Washington, NC: Take US Hwy 264 East towards Belhaven, NC until you see Northeast Elementary on your right (school with teal roof), Take a right immediately after on Seed Tick Neck Road and take until road ends at stop sign, Take a left on Hwy 99, and then Take a right onto Hubs Rec Road and follow signs for the event.

## PARKING and RACE SHUTTLE:

Parking will be guided from Hubs Rec Road via signs and volunteers. At the parking area participants will be shuttled to the starting area to reduce congestion on the road course. Continuous shuttles will run for your convenience before, during, and after the event.

## COURSE, TIMING and SCORING:

The 5K course is USATF certified and is on flat, paved, terrain through the waterfront community of Smithton. Timing and scoring will be performed by Run The East. More information is available online at: [www.runtheeast.com](http://www.runtheeast.com)

## AWARDS:

Awards will be given for the top 3 male and female overall, the top 3 male and female in each group, and the oldest male and female finisher.

5K age groups have awards for:  
15 and under, 16-19, 20-29, 30-39, 40-49, 50-59, 60+

## RULES:

- No dogs, skates, or bikes are allowed on the race course.
- Runners must remain on the road course at all times.
- Race Director, the Race Committee, Run The East reserve the right to reject an application or remove any participant from the course at their discretion.
- Transfer of race numbers is strictly prohibited. No one is allowed on the course without a race number.
- To ensure a safe race, runners must avoid running side-by-side and blocking the path/roadway.
- All participants will need to be able to hear other runners or vehicles along the course.
- Rules for Run The East at [www.runtheeast.com](http://www.runtheeast.com)

## MORNING REGISTRATION:

Participants will be able to pickup their race day info on the morning of the race beginning at 7:00AM and ending at 8:45AM. Please follow the signs to the parking area and you will be shuttled to the registration/start line. Please be sure to leave valuables in your locked vehicles at the parking lot, as the event, it's sponsors and volunteers will not be responsible for any items lost or stolen.

## T-SHIRTS & MERCHANDISE:

All participants registered by October 18th will receive a t-shirt for this 4th Annual event. T-shirts and other items will also be available for sale on race day with all proceeds being donated.

## REGISTRATION:

Please fill out the registration form on this brochure, or you can register online at [www.runtheeast.com](http://www.runtheeast.com).

## INCLEMENT WEATHER:

In the event that this race cannot be held on November 2, 2013, due to circumstances beyond the control of the race directors, the race will be cancelled and not be rescheduled for this year. No refunds will be given.

## SPONSORS:

There have been many folks that have helped make this fourth annual event possible as we remember Darleen and help others battling cancer. We would like to list everyone, but space is limited and we will thank you in person many times over.

THANK YOU and GOD BLESS for all the help!

