

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 participating in the Southern Village Holiday 5K and 1-Mile family fun run on December 12, 2010, including, but not limited to, falls, contacts with other participants, the effects of the weather, including high heat and/or humidity and/or cold, traffic and conditions of the road, all such 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 on my behalf or on behalf of my estate, waive and release Jim Young, Young and Associates, the Chapel Hill Service League, Southern Village, the Town of Chapel Hill, all sponsors of the race, any other 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 all 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 the part of the persons referred to in this waiver.

I also grant permission for the use of any photographs, motion pictures, recordings, 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 may not be refunded.

Signature Date

Parent's Signature (if under age 18) Date

Presented By



Blue Ribbon Sponsors



Red Ribbon Sponsors



General Sponsors

Chapel Hill Tennis Club
Christ United Methodist Church Preschool
The Tumble Gym



PRESENTED BY



Benefiting



Sunday, December 12, 2010
2:00 p.m.
Market Street, Southern Village
Chapel Hill, North Carolina
www.sv5k.com

Overview

Whether you're finishing off a successful fall running season or still trying to fulfill last year's New Year's resolution to get in shape, join the fun and register for the **7th Annual Southern Village Holiday 5K and Family Fun Run presented by Harrington Bank on Sunday December 12, 2010**, at 2:00 by the Market Green in Southern Village, Chapel Hill. Walkers are encouraged to attend. The net proceeds will be donated for the benefit of Chapel Hill Service League (www.chapelhillserviceleague.org).

The Chapel Hill Service League supports projects with the following organizations:

- Christmas House – the League's signature community project
- Children's Fund of North Carolina
- Ronald McDonald House
- Project Homestart
- SECU Family House
- Dress for Success
- Family Violence Prevention Center
- UNC Women's and Children's Hospital – Newborn Critical Care Center.
- UNC Horizons

The **Southern Village Holiday 5K and Family Fun Run** is a fantastic opportunity to gather a team at work, get together with friends or bring the whole family to run or walk. Please come and enjoy a great Sunday afternoon with lots of activities planned before and after the race.

Schedule of Events

Sunday, December 12

12:00 - 1:40 p.m. – Late Registration and packet pickup
Market Green, across from The Lumina Theater

2:00 p.m. – 5K Start

3:00 p.m. – 1-Mile Family Fun Run start

3:30 p.m. – Awards ceremony

Both races start and finish by the Market Green in Southern Village. For directions to Southern Village, go to www.southernvillage.com or go to maps.google.com and search for directions to Market Street, Chapel Hill, NC 27516. There will be kid's activities prior to the Family Fun Run Start.

How to Register

1. By mail – Entrants may mail in their entry forms to the address listed on the form. Please do not mail any entries after Sunday, December 5th. Please do not send cash.

2. Online – Entrants may register online at www.active.com. Deadline for online registration is 2 p.m. on Friday, December 10th. Payment must be made by credit card.

Entry Fees

The entry fee for this year's 5K race is \$25.00 if completed/postmarked by December 5 and \$30.00 thereafter. The 1-mile Family Fun Run/Walk entry fee is \$10 per individual. T-shirts will be available to at least the first 300 entrants.

Course

The 5K course (3.1 miles) is USAT&F-certified. All performances will count towards state records and national rankings. Splits will be called at the one-mile, half-way and two-mile marks. There will be one water stop on the course near the half-way mark. Official times will be taken using the ChampionChip. No official times will be recorded on the Family Fun Run, but participants will be able to see their finishing times on a large digital clock at the finish line. For more information about the race including a course map and directions, go to www.sv5k.com.

Awards

Prizes this year will be presented to the first three male and female finishers overall and to the first three male and female finishers in each of the following age divisions: 12-under, 13-19, 20-29, 30-39, 40-49, 50-59, and 60-over.

Race Results

The race results will be posted at the awards ceremony on race day and also on the internet at www.runnc.com.

Safety

For the safety of the runners and walkers and because of insurance requirements, we must prohibit bicycles, roller skates, and in-line skates from the race. We will also not allow runners and walkers to wear headphones or to run with dogs.

More Information

For more information, visit us at www.sv5k.com, or contact the Southern Village Holiday 5K Race Committee at sv5k@chapelhillserviceleague.org.

Mail-In Entry Form

Name: _____

Address: _____

City: _____ State _____ ZIP _____

Sex: M F Age on race day: _____

Date of birth: _____

T-shirt size: S M L X

Phone number: _____

E-mail: _____

How did you find out about the race? _____

Fees:

5K Run _____

\$25 (NLT December 5th)

\$30 (After December 5th)

1-Mile Family Fun Run — \$10 _____

Additional contribution to
Chapel Hill Service League: _____

Total Enclosed _____

Make check payable to Chapel Hill Service League, and mail entry form and payment to:

Chapel Hill Service League

P.O. Box 3003

Chapel Hill, NC 27515

(I have read and signed the waiver on the reverse side)