

## Registration Form

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

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

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

Sex: \_\_\_\_\_ Age \_\_\_\_\_ Birthday: \_\_\_\_\_

Recreational Runner (day of race) (mm/dd/yyyy)

Competitive Runner 5K  Competitive Runner 10K

SHIRT SIZE:  AS  AM  AL  AXL  AXXXL

**DONATION:** I cannot participate in the Cantaloupe 5K but please accept my enclosed donation of \$\_\_\_\_\_ to benefit the Ridgeway Historical Society and Ridgeway Vol. Fire Dept.

## Race Waiver/Release

I know that running a road race is a potentially hazardous activity. I should not enter or 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 the Ridgeway 5K Cantaloupe Run including, but not limited to, falls, contacts with other participants, the effects of the weather, including high heat and/or humidity, traffic, and conditions of the road, all such risks being known and appreciated by me.

Having read and understood this Waiver/Release and in consideration of your accepting my rights to make any legal claim against or to sue the Ridgeway Historical Society, Ridgeway Vol. Fire Dept. and the City of Ridgeway, their employees, representatives, volunteers, and all other sponsors, for any injuries or property damage sustained by me because of my voluntary participation in the road race. It is my intention to release the Ridgeway Historical Society, Ridgeway Vol. Fire Dept., and the City of Ridgeway, their employees, representatives, volunteers, and all other sponsors, from all claims and liability of any kind arising out or related to my participation in the Cantaloupe 5K.

Furthermore, I grant permission to all of the foregoing to use photographs, video recordings, or any other record of this event for any legitimate purpose.

\_\_\_\_\_  
Participant Signature Date

\_\_\_\_\_  
Parent Signature (if under 18) Date

Please enclose check for \$25 made payable to the Ridgeway Historical Society and mail to:

Ridgeway 5K/10K Cantaloupe Run  
c/o Ridgeway Historical Society, Inc.  
PO Box 45, Ridgeway, NC 27570

Or register online at [www.runnc.com](http://www.runnc.com)

Ridgeway 5K/10K Cantaloupe Run  
c/o Ridgeway Historical Society  
PO Box 45, Ridgeway, NC 27570



Supporting the  
Ridgeway Historical Society &  
Ridgeway Vol. Fire Department

**SAT, JULY 8, 2017**  
**Ridgeway, NC**

Supporting the  
Ridgeway Historical Society &  
Ridgeway Vol. Fire Department



**5K**  
**Run**

**Sat., July 8, 2017**  
**8:00 AM**  
**Ridgeway, NC**

In conjunction with the  
Famous Vine Ripened  
Ridgeway Cantaloupe  
Festival

## About the Run



The Ridgeway Historical Society and Ridgeway Vol. Fire Dept. are excited to present the Ridgeway Cantaloupe 5K & 10K Run. This event kicks off an exciting day for the community as it hosts its famous Ridgeway Cantaloupe Festival. Runners and their families and friends are encouraged to spend the entire day. A portion of the proceeds from the 5K and 10K run will benefit the Ridgeway Historical Society and the Ridgeway Vol. Fire Dept.

**Race Day is Sat., July 8, 2017**  
**Starting Time is 8:00 AM.**

## Divisions

**Recreation Runners:** Choose this classification if you do not care about being eligible for any awards and you do not want your finishing time to be recorded. You will be responsible for getting your own finishing time (we will have a digital clock at the finish line or you can time yourself).

## Directions

**Competitive Runners:** Choose this classification if you want to be eligible for awards and/or if you want to get an official time.

The run will begin and end at the Ridgeway Vol. Fire Dept. located on US Hwy 1/158 eight miles north of Henderson and two miles south of Norlina. From I-85 take Exit 226 South onto Ridgeway Rd. Travel approx. two-and a half mile to US Hwy 1/158 and turn right.

**GPS:** 654 US Hwy 1 South, Norlina, NC

## Race Route

Relatively flat out-and back route on asphalt street beginning and ending near Ridgeway Vol. Fire Dept. Water station will be set up at St. Paul's Lutheran Church (approx. turnaround point).

## Registration/Packet Pickup

Participants are encouraged to register early by completing the attached application form and mailing it along with your entry fee. Race day registration and packet pick-up will be held at the Ridgeway Vol Fire Dept. from 6:30 am—8am.

**Register online at [www.runnc.com](http://www.runnc.com)**

## Entry Fee

The entry fee for both Recreation and Competitive runners is \$25,. **Runners who register on or before July 1st will receive a Commemorative Technical Race Shirt.** A limited number of additional shirts will be available to participants who register after July 1st or the morning of the race on a first-come, first-served basis.

## Awards

The awards ceremony will be held at the Ridgeway Vol. Fire Dept. 30 minutes after the race. Awards will

be presented to the first three male finishers overall, to the first three female finishers overall, and to the top finisher in each of the following age groups (both sexes): 12—under, 13—19, 20—29, 30—39, 40—49, 50—59, 60—69, and 70—over.

**For everyone's safety, running with dogs will not be permitted**

## Ridgeway Historical Society



Please join us after the race. Presented by the Ridgeway Historical Society. Event includes:

- \*Cantaloupe, Brunswick Stew, Hot Dogs and other Festival Foods and Refreshments
- \*Arts and Crafts Vendors
- \*Historical Displays and Local Entertainment
- \*Kiddie Rides and Horse Back Rides

## Ridgeway Vol. Fire Department

The Ridgeway Vol. Fire Dept. was founded in 1975 and consists of about 30 members and four trucks (two engines, one tanker, and one first responder). The department's mission is to serve and protect the community of Ridgeway and help other fire departments in Drewry, Soul City, Norlina, Hawtree, Afton, and Warrenton.

## Got Questions?

For more information, contact Tommy Tucker at 252-213-0429 or email to [Tucthm@aol.com](mailto:Tucthm@aol.com).

Or register online at [www.runnc.com](http://www.runnc.com)