

AWARDS/DIVISIONS

Top 3 Overall Male/Female

Top 5 Male/Female in the following age groups: Under 14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

LATE REGISTRATION

Race day registration will end 30 minutes prior to each event. Participants registering late are not guaranteed race t-shirt... register early!

EARLY PACKET PICKUP

Pick up your race packet early! Packets will be available at **Omega Sports** on Battleground Ave
September 17 11:00 AM – 6:30 PM

LOCATION

The race will start in front of the Grasshoppers Stadium at 408 Bellemeade Street in Greensboro, NC. All races will finish inside the stadium. Visit www.RetroRun5k.com for a course map

CHIP TIMING

Each runner must wear the issued timing chip to be timed/scored. You will be required to return your timing chip after the race.

CHARITY

Money raised at this event will be used to fund the Kiwanis club's Shoes For Children program.

BEST RETRO RUNNER

Lace up your running shoes and throw on your disco pants because we are going old-school. We want to encourage your inner disco king and queen and reward the most groovy runners with free shoes. The best '70s costumes will win free running shoes!

BEER, MUSIC, FOOD!

We've tossed the stale bagels and warm water for cold beer and hot food. Each runner will be provided 2 free beer tokens and we will provide plenty of great food and fun and the finish line! The post race activities will all take place inside the stadium, bring the family... there is plenty of room to sit and relay or let the kids play on the playground!

SPONSORS

Visit the race website at www.retrorun5k.com for a complete list sponsors.

Wrangler



MacCord Mason PLLC

BROOKSPIERCE

— ATTORNEYS & COUNSELLORS —

TIMCO

CONTACT US

scott@onthemarksports.com

If you are interested in sponsoring this or one of our other events.



September 18, 2010

Grasshoppers Stadium

408 Bellemeade Street
Greensboro, NC

6:00 PM

1 Mile Run/Walk

6:30 PM

5k Run/Walk

Don't miss Greensboro's best downtown race.

Win free running shoes for the best retro costume!

More info @

www.RetroRun5k.com

Presenting Sponsor

Wrangler

Mail to:
15 Owls Roost Ct
Greensboro, NC 27410

Race Application

Register online www.OnTheMarkSports.com

Make check payable to:
On The Mark Sports

Last Name _____

First Name _____

Birthday _____ Age on race Day _____ Select One: Male Female

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

RACE CATEGORY - SELECT ONE

	<u>Before 08/01</u>	<u>On/After 08/01</u>	<u>Race Day</u>
<input type="radio"/> 5k	\$20	\$25	\$30
<input type="radio"/> 1 Mile	\$15	\$20	\$20

T-SHIRT – SELECT ONE

100% Cotton

- Adult Small
 Adult Medium
 Adult Large
 Adult X-Large

Signature (Parent if under 18 years of age)

Date

RACE WAIVER: I know that participating in this event is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I assume all risks associated with participating in this race, including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and humidity, ice on roads, traffic, and the conditions of the road, all such risks being known and appreciated by me. I understand these risks and will not sue if I am injured. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone for whom I am entitled to act, waive, release, and will hold harmless the On The Mark Sports, LLC, Scott Bassett, City of Greensboro, Guilford County, State of North Carolina, the race organizer, all sponsors, and all the agents, employees, officers, directors and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this race. I grant the race organizers my permission to use any images or videos taken of me in further publicity or advertising.

DATE/TIME

Saturday, September 18, 2010

4:30 PM - Late Registration/Chip Pickup

5:45 PM - Kids Dash/Kid's Run the Outfield

6:00 PM - 1 Mile Run/Walk

6:30 PM - 5k Run/Walk

7:30 PM - Retro Run Costume Contest

7:45 PM - Awards

7:00 PM - 9:30 PM - Music/Beer/Good Times

DETAILS

5K Run/Walk - The 5k run walk will begin in front of the Grasshoppers Stadium and run through Fisher Park. Each mile will be marked and there will be 2 water stops. You will finish inside the Grasshoppers stadium with a cold beer awaiting your arrival!

1 Mile Fun/Run - The 1 Mile Fun/Run will start on Bellmeade in front of the Grasshoppers stadium. The course will run out and back to Elm Street and finish inside the stadium.

Kids Dash - The Kids Dash will start/finish all inside the stadium. The kid's will have a chance to run the outside warning track of the baseball field!

FEES

5k Fees

\$20 - 5k Run/Walk (Prior to 08/01)

\$25 - 5k Run/Walk (On/After 08/01)

\$30 - 5k Run/Walk (Race Day)

1 Mile Fees

\$15 - 1 Mile (Prior to 08/01)

\$20 - 1 Mile Race Day (On/After 08/01)

\$20 - 1 Mile (Race Day)

Kids Fun Run

Free – No Shirts

Cut & Return