

NORTH CAROLINA ROADRUNNERS CLUB  
P.O. BOX 97336  
RALEIGH, NC 27624-7336



North Carolina Roadrunners Club  
Presents

## Resolution Run 5K and Mini-Resolution Runs



5K Competitive Run  
¼ mile and 100 meter Children's Races

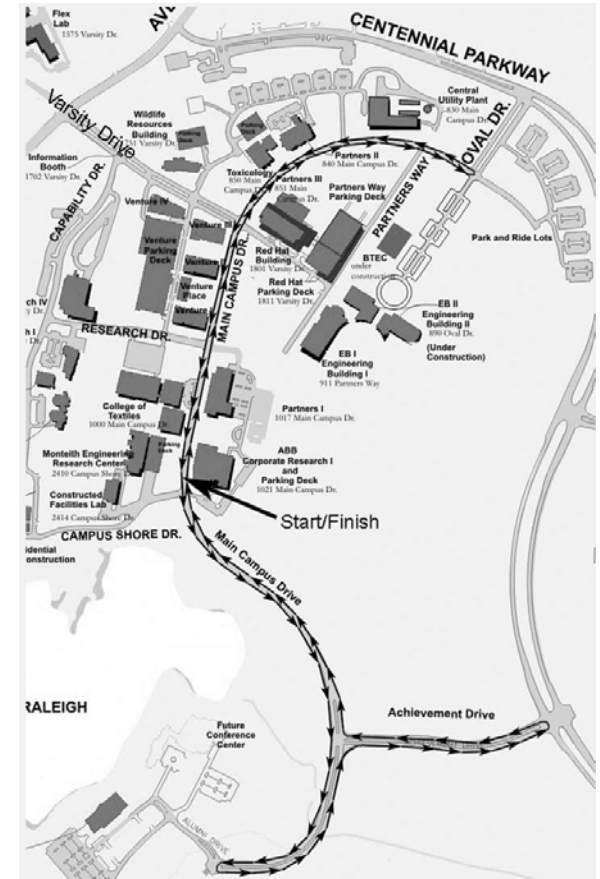
Sponsored by



January 1, 2007 – 9AM  
NC State Centennial Campus  
Avent Ferry Road, Raleigh, NC

Visit our website for further  
information including course maps  
[www.ncroadrunners.org](http://www.ncroadrunners.org)

## The Resolution Run 5K Course



**Mini-Resolution Runs will be held  
near the start/finish area**

**ABOUT THE RESOLUTION AND MINI-RESOLUTION RUNS:**

Start your resolution to be healthier in 2007 early with a fun run! Proceeds will go to North Carolina Roadrunner Club for several Civic and Club projects.

**5K RESOLUTION RUN:**

The sixth annual Resolution Run will be held at 9AM. Add to the fun by predicting your 5k finishing time *before* the race with prizes for the most accurate prediction. The first 100 to pre-register will receive long-sleeve t-shirts.

**AWARDS (5K ONLY):** Gift certificate awards will be presented to the top three overall (both sexes) and to the top three finishers in each of the following age divisions: (both sexes) 19-under, 20-29, 30-39, 40-49, 50-59, 60-69, and 70-over (no duplication of awards).

**MINI-RESOLUTION RUNS:**

The mini-resolution run distance will start at 10AM and be 100 meters for 6 and under and ¼ mile for 6-10 year olds. Parents are welcome and encouraged to run with their children. Medals will be presented to the mini-resolution run participants. The first 25 kids to pre-register will receive long-sleeve t-shirts.

**COURSE:**

We will borrow the course used by the "Feet for the Fight 5k". Course map included in this brochure and directions below. This is a certified course (certification #NC-04059-H) run on pavement. There will be little or no vehicular traffic on the course during the run.

**PACKET PICK-UP AND LATE REGISTRATION:**

Late entrants can register and pre-registered runners can pick up their packets at the New Balance store in Raleigh on Saturday, December 30 from 4-8PM, and on race day in the finish area starting at 8:00AM

**POST RACE ACTIVITIES:** Following the races there will be plenty of refreshments near the finish line and drawings for door prizes. The awards ceremony will also take place there. Race results will be posted after the race and also at [www.ncroadrunners.org](http://www.ncroadrunners.org).

**DIRECTIONS TO RACES AT CENTENNIAL CAMPUS:**

I-40 Traveling East

Take Gorman Street exit (exit 295). Turn Left onto Gorman. Go 1.3 miles and turn right at 3rd light onto Avent Ferry Road. Go 0.9 miles and turn right at 2nd light onto Varsity Drive. Follow signs to the race.

I-40 Traveling West

Take Lake Wheeler Road Exit; turn right onto Lake Wheeler. Turn left at 1st light onto Centennial Parkway; follow to end. Turn left onto Avent Ferry Road. Turn left at 1st light onto Varsity Drive. Follow signs to the race.

Inside the Raleigh I-440 Beltline

Take Western Boulevard to Avent Ferry Road near the Mission Valley Shopping Center. Turn down Avent Ferry Road. Go 0.7 miles and turn left at the 2nd light onto Varsity Drive. Follow signs to the race.

**FURTHER INFO:** Contact Race Director, Dave Rouse at (919) 349-8665 or [resolutionrun@ncroadrunners.org](mailto:resolutionrun@ncroadrunners.org).

*Note: No Refunds. If, for reasons out of our control (i.e. an ice storm or such), we are unable to hold the event on the scheduled day, the race will be cancelled and not rescheduled. However, we will make all t-shirts available to those that registered. We will make every effort to run the race as long as it is safe to do so.*

**RESOLUTION RUN ENTRY FORM** One person per entry

Registration also available at [ncroadrunners.org](http://ncroadrunners.org) and [Active.com](http://Active.com)

FIRST NAME \_\_\_\_\_

LAST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

PHONE (P.M.) \_\_\_\_\_ AGE ON 1/1 \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

NCRC MEMBER? Y N

**ENTRY FEES - Use late registration amounts after 12/15**

5K RUN \$15, \$20 Late \_\_\_\_\_

MINI-RESOLUTION RUNS \$12, \$15 Late \_\_\_\_\_

T-SHIRT CIRCLE SIZE ADULTS ONLY  
S M L XL

DONATION TO NCRC CIVIC PROGRAMS \_\_\_\_\_

**TOTAL** \_\_\_\_\_

MAKE CHECKS PAYABLE TO:  
**NORTH CAROLINA ROADRUNNERS CLUB**  
Mail to: NCRC, PO Box 97336, Raleigh, NC 27624

**(please do not mail after 12/25/06 - there will be race-day registration)**

**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 decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road or trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the North Carolina Roadrunners Club, NC State University, Centennial Campus, New Balance, the Road Runners Club of America, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. **I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race, and I will abide by these guidelines.**

\_\_\_\_\_  
SIGNATURE DATE

\_\_\_\_\_  
SIGNATURE OF PARENT OR GUARDIAN IF UNDER 18 DATE