

RACE INFORMATION AND  
REGISTRATION:

www.mitchellraces.com,  
www.active.com or  
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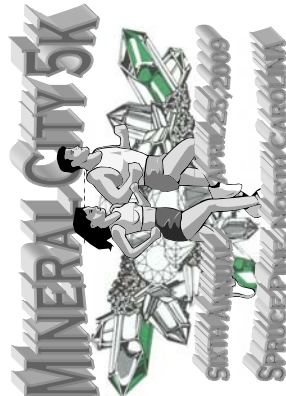
PROCEEDS:

Proceeds will benefit the Mount Mitchell Runners Club, promoting healthy living and exercise.

REMEMBER:

The Fire on the Mountain Arts Festival in beautiful downtown Spruce Pine will be held the same day beginning at 10:00 AM on Locust Street ("Lower Street").

Bring the family. Spend the day.



**NEW DATE AND NEW TIME!!!**

**RACE RECORDS:**

MALE OVERALL - JOE GIBSON, 2003, 15:09  
FEMALE OVERALL - DANIELLE DEINES, 2006, 19:18  
MALE MASTER - PHIL ROBERTS, 2004, 17:09  
FEMALE MASTER - PAM JEZIK, 2005, 21:19

*(NEW DATE AND NEW TIME)*



**MINERAL CITY 5K  
ROAD RACE**

&

**3 MILE WALK AND KID RUNS**

**SPRUCE PINE, NC**

**SATURDAY  
APRIL 25, 2009**

**FUN RUNS 5:00**

**5K RUN/WALK 5:30 PM**

**WWW.MITCHELLRACES.COM**

(It's fast.)

**5K COURSE DESCRIPTION:** The 5k begins at **5:30 PM** near First Baptist Church on Summit Avenue. Going west on Summit to Greenwood Road to Stroup Road. Turn right on C. Pittman Road (along the river) to turn around. Return to Summit Avenue past church to River-side Drive, then left onto paved path along river to finish at Riverside shelter. The route is mapped at <http://www.usatf.org/routes/view.asp?rID=265801>

**Walk** will follow the same route and begin at the same time.

**REGISTRATION:**

Forms may be downloaded at [www.mitchellraces.com](http://www.mitchellraces.com) or register on-line at [www.active.com](http://www.active.com). Race day registration begins at 3 PM at First Baptist Church. Mail registration forms by April 21 to:

Mineral City 5K  
56 Southridge Drive  
Spruce Pine, NC 28777

**PACKET PICK-UP:**

Packet Pick-Up is race day from 3:00–5:00 PM at First Baptist Church.

**FEES:** (non-refundable)

5k Run / Walk: \$20 per person postmarked on/before April 21, 2009 (\$25 on race day).

1Mile / 100 Y: \$ 12 per person postmarked on/before April 21, 2009 ( \$15 on race day).

**Checks** payable to: Mount Mitchell Runners Club

**T SHIRTS:**

5K Runners / walkers will receive a long sleeved T-shirt.

1 Mile and Fun Run participants will receive a short sleeved T-shirt.

**START TIMES:**

**1 MILE AND 100 YARD FUN RUNS: 5:00PM**

**5K RACE AND WALK : 5:30 PM**

**DOOR PRIZES:**

Handmade items donated by local artists and gifts given by downtown merchants will be given as door prizes. (You'll definitely want to stick around for these prizes!)

**AGE DIVISIONS:**

5k Run: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

All 1Mile and 100Yard Finishers will receive an award.

**AWARDS AND PRESENTATIONS:**

Awards will be presented as soon as results are calculated. Presentations will take place at the Riverside Park. Awards will be given to the top three male and female runners and top male and female masters. Awards will be presented to the first, second and third place male and female in each age division.

**GENERAL:**

Water stations and mile splits will be provided along course.

**ACCOMMODATIONS:**

Pine Valley Motel, Spruce Pine, 828.765.6276  
Bakersville Bed & Breakfast, Bakersville, 828.688.6012  
Big Lynn Lodge, Little Switzerland, 828.765.4257  
Pinebridge Inn, Spruce Pine, 828.765.5543  
Richmond Inn, Spruce Pine, 828.765.6993  
Switzerland Inn, Little Switzerland, 828.765.2153  
Springmaid Mountain Cabins and Campground  
828.765.2353

**DIRECTIONS:**

Directions and maps available online at: [www.mitchellraces.com](http://www.mitchellraces.com).

PLEASE ENTER ME IN: \_\_\_\_\_ 5k Run (Rain or shine!) \_\_\_\_\_ (3.1 Mile Walk) \_\_\_\_\_ 1 Mile \_\_\_\_\_ 100 Yards

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

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

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

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

Shirt Size: S M L XL XXL (\$2 extra) Youth Sizes XS S

Age on race day: \_\_\_\_\_

Sex : M \_\_\_\_\_ F \_\_\_\_\_

Liability/Publicity Waiver and Release: Upon acceptance of my entry, I for myself, my heirs, executors and assigns, do hereby release the officials and volunteers of the Mineral City 5k and any and all sponsors, their representatives and successors and any individual or group associated with this event from all claims or liabilities of any kind arising out of my participation in this event even though that event may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the forgoing to use any photographs, motion pictures, recordings, verbal or written statements or any other record of this event for any legitimate purpose without limitation or further compensation. I know that running and participating in this event is potentially hazardous. I should not enter and run this event unless I am medically able and properly trained. I agree to abide by any decision of an official relative to my ability to safely complete this event. I assume all risk associated with running and training for this event including, but not limited to falls, contact with other participants, the effects of the weather, including the conditions of the roads and traffic on the course, all such risks being known and appreciated to me.

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

In case of an emergency, notify: \_\_\_\_\_ Phone: \_\_\_\_\_