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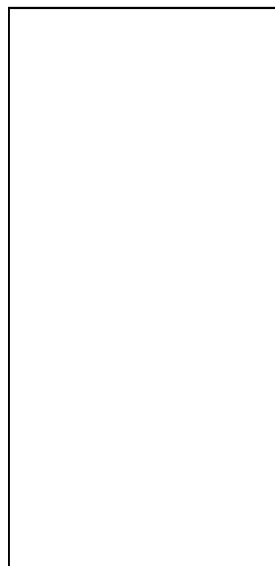
Sponsorship opportunities are still available!

Please contact:

Karen Brazinski:

kandm4@bellsouth.net

for sponsorship information.



**HOP - MORGANTON
SERVICE LEAGUE
C/O MELANIE MIKUSA
108 CONSTITUTION DR.
MORGANTON, NC 28655**

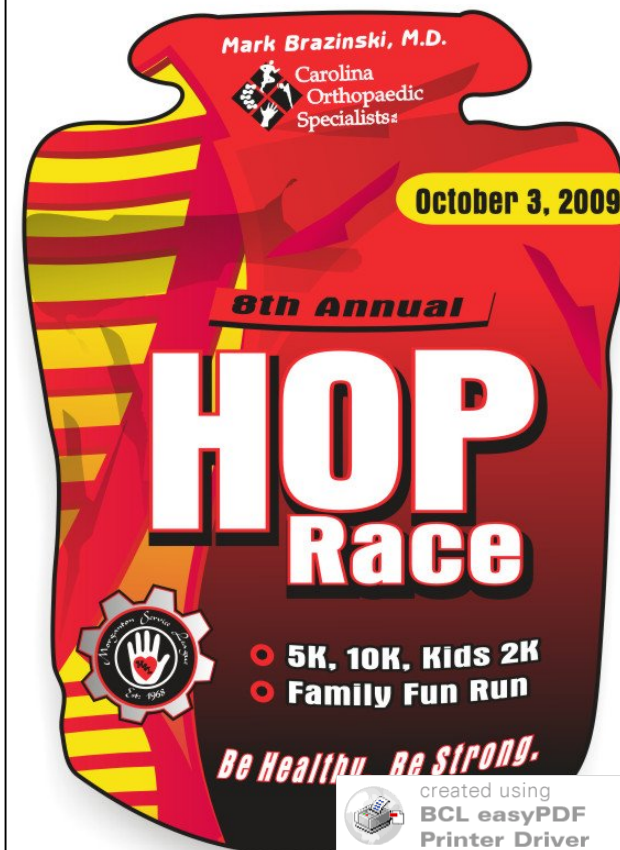
8TH ANNUAL

HOP

**5K, 10K, KIDS' 2K
AND
FAMILY FUN RUN**

**OCTOBER 3, 2009
MORGANTON, NC**

**HOSTED BY:
THE MORGANTON SERVICE LEAGUE**



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Start Times

Registration opens at 7:30 a.m.
5K and 10K runners start at 8:30 a.m.
Kid's 2K start at 9:45 a.m.
1 mile family fun run/walk start 10:00 a.m.

Registration

5K and 10K Registration Fee

Pre-registration \$15
Race day \$20

Kid's 2K/Family Fun Run/Walk Registration Fee:

Pre-registration *individual* \$10
Race day *individual* \$15

Pre-registration *family**\$40
*MAX fee \$40.00 per family
Race day *family**\$45
*MAX fee \$45.00 per family

***Family Registration option is for Kid's 2K/
Family Fun Run/Walk ONLY,
5K and 10K registrations must be
submitted separately and with required
registration fee.**

Pre-registration must be received by October 1,
2009!

Submit entries and checks to:

HOP - Morganton Service League
c/o Melanie Mikusa
108 Constitution Dr.
Morganton, NC 28655
Race Information
Melanie Mikusa
(828)433-0752
usaed1@bellsouth.net

SPECIAL OPPORTUNITY!

Bring a canned food for BUCM and be
entered in a drawing for a special door
prize!

Race Location

Martha's Park
located between Collett St. and
Union Street in downtown Morganton
From I-40 East and West , exit 105
turn right
proceed straight into downtown area
turn left at Union St., turn right on King St.
make a left into parking lot past Lutheran
Church

Available at the Park

Parking, Restroom Facilities and
Refreshments
(drinks, fresh fruit, and pizza)

Course Descriptions

5K and 10K routes are rolling and very scenic.
Both runs begin at Martha's Park and incorporate
sections of the Catawba River Greenway.

The Kid's 2K and Family Fun Run/Walk are out
and back on closed city streets.

All courses are well monitored with water and
support throughout.

Awards

Cash prizes for top 3 male and female overall
in **5K and 10K** races and first Master's male
and female

Awards for top 3 in each age group per race

10-and under, 11-14, 15-19, 20-24, 25-29, 30-
34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64,
65-69, 70-and over

Awards will not duplicate overall winners

Kid's 2K awards for top 3 in each age group
4 and under, 5-6, 7-8, 9-10

All **Family Fun Run/Walk** participants
receive a ribbon

Awards must be picked up Race Day

Application for the 2009 H.O.P.

PLEASE: print legibly to insure proper scoring and registration

Name _____
Address _____
City _____
State _____ Zip _____
Telephone _____
E-mail Address: _____

Male ____ Female ____
Age on Race Day ____
DOB ____-____-____

Emergency Contact

Name: _____
Phone: _____

I plan to enter:

5K ____ 10K ____ Kid's 2K ____
Family Fun Run ____

*If registering a family, please complete a registration for each
person participating.

Shirt size (circle one)

Youth: S M L

Adult: S M L XL

School Affiliation: _____

Waiver: Must be filled out and signed completely.

In consideration of acceptance of this entry, I waive all claims for myself, my heirs, executors, administrators and assigns against the sponsors, organizers, officials and any other persons, or organizations directly or indirectly connected with the HOP run from any and all claims for personal injuries and or property damages resulting from participation in this event. I realize that this is a strenuous event requiring proper physical conditioning and state that I have trained for this event and I am in proper physical condition for this event. I understand and agree that photographs, films, television, or radio interviews from the event may be taken and released to the public without any compensation being paid to me, the undersigned. I hereby represent that I am 18 years of age or older, or that the person signing as parent/ guardian for permission allowing the entrant to participate is the actual parent or guardian. This is a release. Read carefully before signing.

Applicant's Signature

Parent/Guardian

Date: _____

