

THE KINSTON 8000:

Run for the *River*



PRIDE OF KINSTON

MARCH 31, 2012

8 Kilometer & 1 Mile Fun Run

Pride OF KINSTON

In Cooperation with Kinston-Lenoir County Parks & Recreation Department



Pride OF KINSTON

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Find us on **facebook** facebook.com/prideofkinston

RACE WAIVER: In consideration of the acceptance of this entry I hereby for myself, my heirs, executors, administrators and assigns, release and discharge the Pride of Kinston, Inc., the City of Kinston, their agents, servants, employees and sponsors whose facilities, services and products are being used for this event, from any and all claims for damages suffered by me as a result of my participation in or traveling to or from said event to be held on Saturday, March 31, 2012. I specifically release and discharge the said promoters and sponsors and all participants, whose facilities are being used for this event, etc. from all injuries or damages arising from or contributed to any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide physical examination or other evidence of any fitness to participate in such event, the same being my sole responsibility. I also give permission for the free use of my name and picture in any broadcast, telecast or other written account of the event.

Signature _____

Date _____

Parent or guardian's signature (if under 18 years old) _____

THE KINSTON 8000: RUN FOR THE RIVER

SATURDAY, MARCH 31, 2012

1 Mile Fun Run - 8:30 am • 8k - 9:00 am

REGISTRATION:

Neuseway Nature Center at Riverbank Road & Caswell Street
Race day registration/packet can be picked up
from 7:00 am to 8:30 am at the Neuseway Nature Center.

- The 1 Mile Fun Run will begin and end within the Neuseway Nature Center.
- The 8k race will end near the Gordon Street intersection.
- Finish line service will be conducted by Young and Associates.

Kinston 8000: Run for the River Course Records

	<u>RUNNER</u>	<u>TIME</u>
2006 1st place male	Shawn Evans (Kinston)	28:48
2006 1st place female	Beth Green (Swansboro)	28:56
2007 1st place male	Michael Earle (Greenville)	25:58
2007 1st place female	Kari Burger (Emerald Isle)	32:38
2008 1st place male	Devin Swann (Raleigh)	24:51
2008 1st place female	Heather Lee (Clayton)	30:09
2009 1st place male	Devin Swann (Raleigh)	24:18
2009 1st place female	Heather Lee (Buies Creek)	31:54
2010 1st place male	Devin Swann (Raleigh)	24:00
2010 1st place female	Heather McGill (Wilmington)	29:17
2011 1st place male	Devin Swann (Raleigh)	24:56
2011 1st place female	Heather McGill (Wilmington)	28:01



The Hampton Inn is the official race hotel.

Discount rates are available for all Kinston 8000: Run for the River participants and spectators Mar. 30, 2012 & Mar. 31, 2012. Call 252-523-1400. Identify yourself as a participant/spectator in the Kinston 8000: Run for the River to reserve your discount.

A W A R D S

8K: The awards ceremony will begin immediately after results are tabulated. Cash awards will be made to the top three overall male and female winners: 1st place: \$500.00; 2nd place: \$300.00; and 3rd place: \$150.00. The top three male and female finishers from Lenoir County will each receive a \$50 award. The top three male and female runners in each age category will also receive medals. No duplication of awards.

1 MILE RUN: Each finisher in the 1 Mile Fun Run will receive an award.

8 KILOMETER: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, and 60 & over

RACE/COURSE: The 8k course is a semi-loop, fast, mostly flat asphalt course through commercial and residential areas of Kinston. The course is USAT&F certified. 8k runners will take their places at 8:45 am. Splits will be called at each mile interval. Refreshment centers will be located at strategic points along the route. The 1 mile course is an out-and-back flat asphalt course. The runners will take position at 8:30 am. Security, safety and medical services will be provided. Maps of the race courses on the back of this brochure.

PRE-RACE: party for runners, volunteers and sponsors will be held 6:00 pm Friday March 30, 2011 at the Hampton Inn. Registration and race day packets will be available.

POST-RACE: party with entertainment will commence after awards are distributed.

INFORMATION: Contact Race Director Tim Knobloch, Recreation Superintendent at Parks & Recreation: Cell: 252-526-8823; Office: 252-939-3336

ENTRY FORM

NAME _____

GROUP/TEAM AFFILIATION _____

ADDRESS _____

CITY _____ COUNTY _____ STATE _____ ZIP _____

SEX _____ AGE ON MARCH 31, 2012 _____

PHONE _____ EMAIL _____

RACE: 1 mile Fun Run 8k

T-SHIRT SIZE: Small Medium Large Extra Large

ENTRY FEE: \$15 for Fun Run and \$25.00 for 8K by mail or PayPal thru Mar. 30, 2012. \$30.00 for 8K Race Day (Mar. 31, 2012.) Please make all checks payable to Pride of Kinston, Inc. RACE WAIVER ON BACK MUST BE SIGNED! To register on-line, use PayPal or for more information go to www.downtownkinston.com. **All proceeds from this event go to Pride of Kinston to be used for downtown beautification projects.**

MAIL TO: The Kinston 8000: Run for the River, c/o Pride of Kinston, Inc., 327 N. Queen Street, Kinston, NC 28501, 252-522-4676