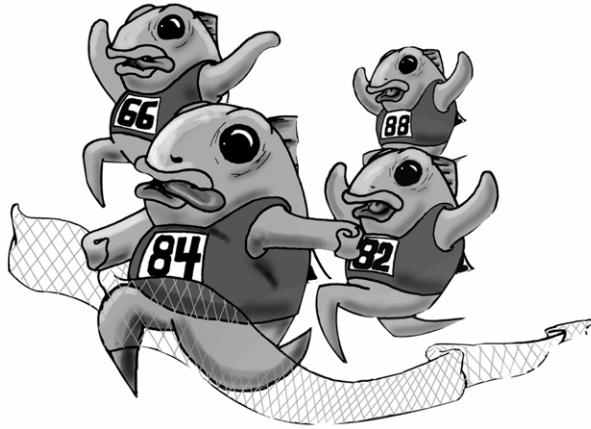


The 10th annual
**Swansboro Rotary
 Tideland News
 Great Mullet Run**
 In Memory of Lee Cooper
 Nov. 14, 2009
 Part of the Camp Lejeune
 Grand Prix Series



This event is sponsored and organized by the Swansboro Rotary Club.

COURSE: The 5K Race Course is USATF certified, flat, partially shaded and begins and ends at the Hammock Beach Visitors Center. The 5K run will begin at 9:30 a.m. A One-Mile Fun Run/Walk will begin at 8:30 a.m.

ENTRY FEE: \$15 per individual, \$40 per family

T-SHIRTS: T-shirts, while they last, will be available to race participants for an additional \$10. The shirts are High Quality and 100 percent cotton. Runners pre-registered by Oct. 30 are guaranteed a shirt (specify size).

AWARDS: For 5K, the first three (3) overall, and first three (3) places in each age group: 15 and under, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 and over. All finishers receive time and place. Results will be posted on the Internet at www.swansbororotary.com. For 1-mile, the top three finishers will receive medals.

SIGN-UP: Register online at Active.com. The pre-race sign-up will be at the Rotary Civic Center on Friday, Nov. 13, 4-6 p.m. Race-day registration and packet pick-up will begin at 7:30 a.m. at the Hammock Beach Visitors Center.

QUESTIONS? E-mail Charles Teachey at cteachey@ec.rr.com, or call him at (252) 393-2301, or call Jimmy Williams at (910) 326-5066.

Make checks payable to the Swansboro Rotary Club, Mail to P.O. Box 1000, Swansboro, N.C., 28584.

----- **ENTRY FORM** -----

Name _____ One-Mile _____ Five-Kilometer _____

Birth Date _____ Age on Nov. 14 _____ Sex _____

Street _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Email _____

Shirt Size _____ Long Sleeve _____ Short Sleeve _____ Amount enclosed (add \$10 for shirt) _____

NO animals, skates or bicycles are allowed in the event in the interest of safety. Wheelchairs and baby strollers are allowed and are encouraged to participate.

I realize that running can be a hazardous activity, and I and my heirs, executors, administrators and assigns do hereby release the organizers, sponsors, all race personnel, the Tideland News, the Swansboro Rotary Club, the Town of Swansboro and Hammock Beach State Park from responsibility for any damages suffered by me as result of my participation in the above events. I also attest that I am in sufficient physical condition to safely participate in the events on November 8, 2008, and that I take full responsibility for my own safety during the events.

Signed _____ Date _____

Parent or Guardian if under 18

_____ Date _____