

The 11th annual  
**Swansboro Rotary  
 Tideland News  
 Great Mullet Run**  
 In Memory of Lee Cooper  
 Nov. 13, 2010  
 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 \$15. The shirts are High Quality and 100 percent cotton. Runners pre-registered by Oct. 31 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](http://www.swansbororotary.com). For 1-mile, the top three finishers will receive medals.

**SIGN-UP:** Register online at [Active.com](http://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](mailto: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. 13 \_\_\_\_\_ Sex \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Email \_\_\_\_\_

Shirt Size \_\_\_\_\_ Long Sleeve \_\_\_\_\_ Short Sleeve \_\_\_\_\_ Amount enclosed (add \$15 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 13, 2010, and that I take full responsibility for my own safety during the events.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian if under 18

\_\_\_\_\_ Date \_\_\_\_\_