

# THE 10TH ANNIVERSARY



## MARCH 28, 2015

**5 Kilometer**  
**8 Kilometer**  
**1 Mile Fun Run**

Sponsored By



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**KINSTON**

*In Cooperation with the City of Kinston,  
 Kinston-Lenoir County Parks & Recreation*



*Pride* OF  
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327 North Queen Street • Kinston, NC 28501  
 Phone: 252-522-8003 • Fax: 252-527-6718  
 aking.director@suddenlinkmail.com • www.downtownkinston.com

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**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 28, 2015. 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 10TH ANNIVERSARY KINSTON RUN FOR THE RIVER

**SATURDAY, MARCH 28, 2015**

**1 Mile Fun Run - 8:30 am • 5k & 8k - 9:00 am**

## REGISTRATION:

**Friday, March 27th, 2015 • 5:00 - 7:00 pm**

Community Council for the Arts @ 400 N. Queen Street

**Saturday, March 28th, 2015 • 7:00 - 8:15 am**

Race operations near Kinston-Lenoir Farmers Market  
@ 100 N. Heritage Street

- The 1 Mile Fun Run will begin and end on a designated Heritage Street Route.
- The 5K and 8K races will begin and end on designated locations near the Farmers Market on Heritage Street.
- Finish line services will be conducted by Young and Associates of Raleigh, NC

## 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
2012 1st place male	Ryan Woods (Boone)	24:50
2012 1st place female	Heather McGill (Wilmington)	28:58
2013 1st place male	Kiprono Kurgat (Chapel Hill)	23:42
2013 1st place female	Caitlin Bullock (Charlotte)	27:45
2014 1st place male	Kiprono Kurgat (Chapel Hill)	23:31
2014 1st place female	Susan Jerotich (Chapel Hill)	27:13

# A W A R D S

The awards ceremony will begin immediately after results are tabulated. Cash awards will be made to the top male and female winners in both the 8K and 5K races.

**8K:** 1st place \$500; 2nd place \$300; 3rd place \$150.

*NOTE: If the 1st place male and female 8K runners break previous course records in their respective categories, they will receive an additional \$100!*

**5K:** 1st place \$200; 2nd place \$100; 3rd place \$50.

**LENOIR COUNTY RUNNERS:** The top three male and female finishers in the 8K and 5K races from Lenoir County will each receive a \$50 award, courtesy of the WHITE&ALLEN Law Firm.

The top two 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 a medal.

**8K & 5K AGE BRACKETS:** 15 & under, 16-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+

**RACES/COURSES:** The 8K & 5K courses are semi-loop, fast, mostly flat asphalt courses through commercial and residential areas of Kinston. The courses are USAT&F certified. 8K and 5K 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 back of this brochure.

**PRE-RACE:** A "welcome to the races" party for runners, volunteers and sponsors will be held at 6:00 pm Friday, March 27, 2015 at the Community Council for the Arts, 400 N. Queen Street. Registration and race day packets will be available.

**INFORMATION:** Contact Race Director Scott Alston, Center Director at Kinston-Lenoir Parks & Recreation: 252-939-3357; Cell: 252-361-5086

## ENTRY FORM

NAME \_\_\_\_\_

GROUP/TEAM AFFILIATION \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ COUNTY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

SEX \_\_\_\_\_ AGE ON MARCH 28, 2015 \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

RACE:  1 mile Fun Run  5k  8k

T-SHIRT SIZE:  Small  Medium  Large  Extra Large **T-shirts available only for 5k and 8k runners.**

**ENTRY FEE:** \$15 for Fun Run and \$25.00 for 8K and 5K by mail or PayPal thru Mar. 27, 2015; \$30.00 for 8K and 5K Race Day (Mar. 28, 2015). 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](http://www.downtownkinston.com). **All net proceeds from this event go to Pride of Kinston, Inc. to be used for its historic cemetery park construction.**

**MAIL TO:** The Kinston Run for the River, c/o Pride of Kinston, Inc., 327 N. Queen Street, Kinston, NC 28501, 252-522-8003