



2019 LEADER OF THE PACK 5K & FUN RUN

ARE YOU READY TO JOIN THE PACK?

MAY 18, 8:00AM
McNAIR DRIVE, FOREST CITY

Over the last several years, students across Rutherford County Schools (RCSNC) have joined school-sponsored running clubs that help them exercise safely and prepare for the Leader of the Pack 5k, and they are all extremely excited for this run every year as they get to compete against groups from other schools! In addition to student runners, families, individuals and groups from across the community participate in this fun event by running, walking, dressing in wacky costumes, donating, volunteering and sponsoring. Awards are given for overall and age group race winners, as well as to schools with the most participation.

- 10th annual 5k race/.5 mile fun run
- Finish line is homeplate of the Owls stadium!
- ~600 participants in 2018
- Largest event in ROC Race Series
- Proceeds benefit RCS Education Foundation initiatives, such as the Backpack Program
- \$20 to register (\$15 for students)
- T-shirts guaranteed if registered before May 4

Funds raised through this event go directly to Rutherford County Schools Education Foundation initiatives to support RCSNC students.

We are very excited to invite you to make an impact on the students in Rutherford County by joining us as a runner, walker, or "phantom runner" in this race!

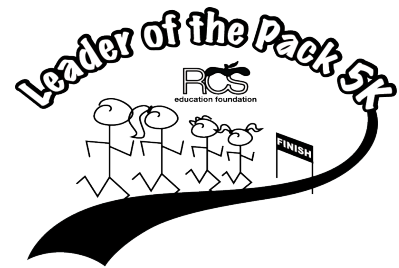
**REGISTRATION DETAILS ARE AVAILABLE AT
[RUNSIGNUP.COM/LEADEROFTHEPACK5K](https://runsignup.com/LeaderOfThePack5K)**

www.rcsedfoundation.org

2019 LEADER OF THE PACK 5K & 1/2 MILE FUN RUN

Information & Registration Form

May 18 at 8:00 AM
McNair Drive
Forest City, North Carolina



REGISTRATION COSTS

- K-12 students: \$15
- Non-students: \$20
- 5k Family Four Pack: \$60 (mail in only)
- .5 mile fun run (12 & under): free for k-5 students
- Race day registration: \$25 (t-shirt not guaranteed)

REGISTRATION METHODS

- Online preregistration until 5/12/19
<https://runsignup.com/LeaderOfThePack5k>
- Mail in registration must be postmarked by 5/4/19
Make check payable to: RCSEF
Mail to: Rutherford County Schools
Attn: Chelsea Rush
382 West Main St
Forest City, NC 28043
- T-shirt only guaranteed if registration is received or postmarked by 5/4/19

RACE PACKET PICK-UP

Date: Friday, May 17, 2019 2:30-6:30pm
Location: Cool Springs Administrative Building
382 West Main St, Forest City, NC

Date: Saturday, May 18, 2019 6:00-7:30am
Location: McNair Stadium

PHANTOM RUNNER

Want to support our students, but don't want to run? Join the pack as a Phantom Runner by making a minimum donation of \$20. Your registration will count toward the participation numbers of the school of your choice, and you will receive a race t-shirt if registered by 5/4/19.

RACE AWARDS

- Top overall male/female (1st, 2nd, 3rd) -
- Top master male/female (1st, 2nd, 3rd) -

Medal awards (1st, 2nd, 3rd) for male/female in the following age groups:

0-4, 5-6, 7-8, 9-10, 11-12, 13-14, 15-19, 20-24, 25-29, 30-34,
35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

- Trophies are awarded to the elementary, middle and high schools with the highest participation - School participation is based on runners present and checked in on the day of the race. No school level awards will be determined by race times. Family members, staff, community members, etc. (not only students) count toward school participation if registered and checked in with their school affiliation.

PLEASE FILL OUT THE FORM BELOW AND RETURN, ALONG WITH ENTRY FEE(S) TO BE REGISTERED FOR THE 2019 LEADER OF THE PACK 5K

NAME: _____ SCHOOL NAME: _____
DATE OF BIRTH: _____ AGE ON RACE DAY: _____ GENDER: M ___ F ___
ADDRESS: _____ CITY: _____
STATE: _____ ZIP: _____ PHONE: _____ EMAIL: _____

CIRCLE SHIRT SIZE: *SHIRTS GUARANTEED IF REGISTERED BY 5/5/18*

MALE: SM MED LG XL 2XL FEMALE: SM MED LG XL 2XL YOUTH: SM MED LG XL 2XL

PLEASE READ AND SIGN BELOW: In consideration of the acceptance of entry, I for myself, my heirs and assigns, hereby release the sponsors, race workers, and officials of this race from any and all liability arising from the illness and damages I may suffer as a result of participation in such event. I attest that I am physically fit and have sufficiently trained for this event and am aware that participation in any of these events could in some circumstances result in severe physical soreness or injury. I also give permission for free use of my name and picture in any broadcast/telecast or written account of the event. **I understand that the entry fee is NON-REFUNDABLE.** Should the road race officials determine that the completion of this event would be injurious to my health, I consent to be removed from the course and treated by the medical personnel present in attendance or of their direction.

Signature: _____
(Parent or guardian must sign for participants under the age of 18 years of age)