

# ARDMORE 5K



- **Food Drive = Raffle Prizes**  
Donate 3 non-perishable food items at Packet Pickup or on Race Day and receive a raffle ticket for a chance to win prizes.
- **Even More Family Fun**  
This year's post-race festivities will include kid-friendly activities.
- **Expanded Web Resources**  
Check out [ardmore5k.com](http://ardmore5k.com) for information on all that's new, running tips, sponsor news and much more.

**All profits and  
food donations  
will benefit the  
Food Bank.**

## Generous Sponsors Include:



Ace Hardware, Cloverdale  
Ardmore Photography  
Chick-Fil-A  
Fleet Feet  
Japan Karate Institute of NC  
Marley Drug  
Paul E. Rudnicke Orthodontics  
Salem Family Practice  
Women's Wellness & Fitness  
William G. White, Jr. YMCA

Be Shoes  
Brynn's Frozen Yogurt  
Bagel Station  
Bob's Big Gas Pub and Subs  
Cindi's Circuit, Inc., Curves  
Dewey's Bakery  
Floyd Pest Control  
Great Outdoor Provision Co.  
J.M. Long Construction  
Jersey Mikes  
Ketner Insurance  
Krispy Kreme  
Moe's Southwest Grill  
Omega Sports  
PIP Printing  
Redeemer School  
Screen Scene



**Race, Fun Run  
and Food Drive**

**Saturday  
October 8, 2011**

**USATF Certified Foot Race  
to Benefit  
Second Harvest Food Bank  
of Northwest NC**



Sponsored by  
Redeemer Presbyterian Church

# ARDMORE 5K 2011

Complete and return to: Redeemer Presbyterian Church - Ardmore 5K Race - 1046 Miller Street, Winston-Salem, NC 27103

Registration (non-refundable): Fun Run/Walk - \$10.00, 5K - \$30.00 by October 1 / \$35.00 after October 1.

Make checks payable to Redeemer Presbyterian Church with "Ardmore 5K" in memo. Registering for:  Fun Walk/Run or  5K

Name: First \_\_\_\_\_ MI \_\_\_\_\_ Last \_\_\_\_\_ Birthdate: \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Sex \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

T-Shirt Size: (Adult) S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ I am enclosing \$ \_\_\_\_\_ and a donation of \$ \_\_\_\_\_ to go directly to Second Harvest (Kids) S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ E-mail: \_\_\_\_\_ Wheelchair Racer \_\_\_\_\_

How did you hear about the race? \_\_\_\_\_

Emergency Contact Name and Phone Number \_\_\_\_\_

WAIVER I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this race, including but not limited to, falls, contact with other participants, the effects of weather, including heat and humidity, traffic, and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone for whom I am entitled to act, waive, release and will hold harmless Redeemer Presbyterian Church and its affiliates, all other sponsors, and the agents, employees, officers, directors, and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this race. I understand that headphones, roller skates and dogs are not allowed in this race/run.

Check here to receive Ardmore 5K email updates and notifications. Must provide email address: \_\_\_\_\_

Signature of Entrant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Guardian if under 18 \_\_\_\_\_ Date: \_\_\_\_\_

## Registration Details

### Entry Fees (non-refundable):

1 Mile Fun Run/Walk: \$10.00  
5K Run: \$30.00 by Oct. 1  
\$35.00 after Oct 1

### Registration Deadlines:

- Mail in or online by October 2, or
- In person at Packet Pickup, October 7, or
- On Race Day, October 8

### Pre-Registration:

- Register on-line at [www.active.com](http://www.active.com), or
- Mail or drop off registration form and payment to:

Redeemer Presbyterian Church  
Memo - Ardmore 5K  
1046 Miller Street  
Winston-Salem, NC 27103

### Packet Pick-Up and Registration

Friday, October 7, 6:00-8:00 PM at  
Whole Foods Market, 41 Miller Street

Race Day 6:30-8:00 AM  
Redeemer Presbyterian Church  
1046 Miller Street

### For More Information:

[www.ardmore5k.com](http://www.ardmore5k.com), or  
[ardmore5k@aol.com](mailto:ardmore5k@aol.com), or  
336-724-4421 ext. 39

## Date & Times:

**Saturday, October 8, 2011**

8:30 AM Fun Run/Walk  
9:00 AM 5K Road Race

## Eligibility:

- All runners, walkers and wheelchair racers interested and able to participate
- Strollers permitted

## Course Certification:

5K USATF Certified Race

## Splits:

Given at mile 1, mile 2 and finish

### T-shirts guaranteed to the first 650 registered runners

Door prizes, food, games, and awards immediately following the 5K race.

**5K Awards:** 2 overall winners  
3 per age group

### Age Groups:

**Male:** 12 and under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+

**Female:** 12 and under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+