Spencer Mountain 10 Mile and 5K
CENTRAL BRANCH YMCA

The Central Branch YMCA invites you to challenge yourself on Saturday, November 8 at 8:00 am for the annual Spencer Mountain 10 Mile and 5K. The 10 Mile features rolling hills, flats, and formidable climbs! The 5K also will climb the north side of the mountain. Both courses are certified by USA Track and Field.

Registration fee:
5K—$25 per person
10Mile—$30 per person
$10 week of registration fee applies if space is available

Registration and course map information available online at www.gastonymca.org or at your local Gaston County Family YMCA.

CENTRAL BRANCH YMCA
615 W. Franklin Blvd.
Gastonia, NC 28052
704.865.8551
gastonymca.org
SPENCER MOUNTAIN 10 MILE and 5K
Saturday, November 1, 2014 at 8:00 am

LOCATION
Start, finish, race-day registration, packet pick up and awards will take place at Warlick Alternative School 1316 Spencer Mountain Road Gastonia, NC 28054. Parking will be both in the school lot as well as neighboring field.

PACKET PICK UP
Packet pick up will occur the Friday before the race at Run and Walk Belmont, 200 N. Main Street Belmont from 10am—6pm as well as morning of the race.

AWARDS
Thirteen divisions will be awarded as well as first overall for male and female runners directing following race.

<table>
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<tr>
<th>Age Group</th>
<th>Division</th>
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<tbody>
<tr>
<td>14 &amp; Under</td>
<td>15—19 20—24 25—29 30—34 34—39 40-44</td>
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<tr>
<td>45—49</td>
<td>50-54 55-59 60-64 65-69 70+</td>
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First Name: ____________________________  Last Name: ________________________________

Birth date: ______________ Email Address: ____________________________________________

Address: ______________________________________________________________________________________

Gaston Cup Company: Yes/No, If yes—__________________________________________________________

Gender: Male   Female  Age Day of Race ___________

Circle Race—      10 Mile    5K

T-shirt size (please circle)

Youth Medium (10/12)  Youth Large (14/16)

Adult Small     Adult Medium    Adult Large      Adult XL     Adult XXL    Adult XXXL

Read and Sign:
In entering this Race Series, sponsored by The Gaston County Family YMCA, and co-sponsors, I waive all claims for myself, my heirs, and anyone else acting on my behalf—should I die or be injured or become ill because of an accident or illness—against any sponsor, any sponsor’s representative, all race staff and officials, and any person assisting on a voluntary basis or otherwise on public streets with vehicular traffic, including the risk of a vehicle striking me, and all other risks. I state that I am in proper physical condition for the races I enter. I waive all royalty consideration for photos of me taken during the race or on race day permitting any legal use without pay.

Signature: _____________________________________________ Date: ______________________

(Parent/Guardian must sign for participants under 18)