

Come on out and bring the family for a day of fun and fitness!  
"Why", you ask?



- ▶ Events for the entire family from the 10K race to the 1 mile walk/ fun run!!
- ▶ Includes a one-year membership to the McDowell Trails Association!
- ▶ Beautiful scenery along the Point Lookout Trail!
- ▶ To get involved in your community!

2008 MTA  
1st Annual  
Fitness Challenge

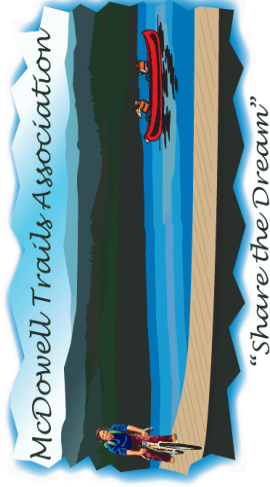
**McDowell Trails Association, Statement of Purpose:** To Partner with any agency, organization, or group of individuals to establish GREENWAYS, BLUEWAYS, and NON-MOTORIZED trails in McDowell County.

**McDowell Trails Association is a 501(c)3 non-profit organization. Fees are tax deductible.**

**For more information contact/ mail registrations:**

McDowell County Health Department  
ATTN: Stacey Burch  
408 Spaulding Road  
Marion, NC 28752  
[www.mcdowelltrails.com](http://www.mcdowelltrails.com)

Phone: 828-442-0400  
Fax: 828-652-9376  
Email: Stacey Burch, Event Coordinator at



**First Annual  
Fitness Challenge**

**Saturday**

**November 22, 2008**

Share The Dream

10K Run

5K Walk/Run

1-mile Walk/Run



LOCATION

Point Lookout Trail  
Old US 70  
Old Fort, NC 28762

EVENT SCHEDULE

7:30-8:45 am: On-Site registration  
9:00 am: 10k race begins  
9:15 am: 5k race begins  
9:30am: 1 mile Fun Run/Walk begins  
Post-Race Snacks & Celebration  
10:00 am: Awards Ceremony—  
MTA T-shirt to 1st place finishers

AGE GROUPS

14-under, 15-19, 20-29, 30-39,  
40-49, 50-59, 60-69, 70 and  
over.  
Certificates for those under  
age 14.  
T-shirt for 1st place finishers.

REGISTRATION FORM

- 10k Race
- 5 k Race
- 1mi Fun Run/Walk

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

Birthdate: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Are you a CURRENT MTA member?

\_\_\_\_\_yes \_\_\_\_\_no

Emergency Contact Information:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Cell: \_\_\_\_\_

Registration Fees:

**\$15.00** for 10k & 5k, ages 15  
**and over** (includes 1 year  
membership to McDowell Trails  
Association)

**Fun Run/Walk & all 14 and  
below are FREE**

\*online registration available at  
www.active.com

Please make check or money  
order payable to: McDowell  
Trails Association

**Total Amount Enclosed:** \_\_\_\_\_

COURSE DESCRIPTION

Race will begin at the gate at the bottom of Point Lookout Trail where the first half of the race will be a challenging climb to the top (1/2 way for the 5k); followed by a much easier descent back to gate at the bottom.

Driving Directions

Point Lookout Trail is located in Old Fort, NC. Travel west on US 70 then right onto Old US 70. Follow the event signs for parking at the Old Fort Picnic Area, and over flow parking at Andrews' Geyser.

**Please read and sign:** WAIVER OF LIABILITY: I fully assume and understand the risks of participating in the McDowell Trails Association, "Share The Dream", fitness challenge open course run including death or injury due to vehicles, falls, collisions with other participants or spectators, actions by hostile humans or animals, uneven pavement, obstructions, adverse weather, sudden illness and all other risks. I attest that I am physically fit to participate. I authorize run officials to provide medical attention at my expense should I appear in need. For injuries I sustain, including death, I agree to save and hold harmless the McDowell Trails Association, McDowell County, local government, law enforcement personnel, volunteers, event staff, suppliers, and anyone else connected with the organization of this event, from any claim or lawsuit that may be brought at any time by me, my family, estate, heirs or assigns, arising from my participation in this event or the instruction I received. WAIVER FOR PUBLICITY: I agree that images taken of me during this event may be used in any legal manner without payment to me. I have read and understand the terms of this document. I make this agreement and pay entry fee in exchange for the privilege of participating under the conditions of this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian if under  
18 \_\_\_\_\_

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mail registration forms:**

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Email: Stacey Burch, Event Coordinator at  
sburch@rpmhd.org