REGISTER ONLINE

http://randlemanmiddleschoolspirit5k.itsyourrace.com/event.aspx?id=6328

REGISTER BY MAIL

RMS 5K

c/o Brandon Varner

800 High Point St

Randleman, NC 27317

DONATIONS

Are you unable to participate in the race but would like to help out anyway?

Donations are gladly welcome. We appreciate anything you can do to help out the RMS Booster Club. To make a donation, complete the attached form and check the donation box.

DROP OFF

Randleman Middle School

Make checks payable to: RMS Booster Club

Saturday November 21, 2015

8:30 am

Randleman Middle School

800 High Point St

Randleman, NC
DATE AND TIME
Saturday November 21, 2015
8:30 am Start
Race day registration will be held at RMS from 7:30 am—8:15 am.
COURSE
Start at Randleman Middle School, run through downtown Randleman and finish at Randleman Middle School
ENTRY FEE
$20 Pre-Registration Fee if registered on or before November 18, 2015
Race Day Registration $25
AWARDS
Overall M/F
Overall Under Age 13
Overall Masters M/F
Top 3 M/F in each age group: 12 and under; 13-19; 20-29; 30-39; 40-49; 50+
DOOR PRIZES
Numbers for door prizes will be drawn from the list of registered runners and walkers. Winners must be present
T-SHIRTS
Given to the first 150 registered participants—pre register now to be sure to get one!

WHY RUN THE RACE?
This 5K run/walk is a strong effort on the part of the middle school to increase awareness of healthy choices, the concept of being active, and to create healthier lifestyles. We hope to inspire not only students, but also parents and citizens in the community to get involved and be active. We created this event as a walk/run to encourage people of all fitness levels to participate.

DIRECTIONS
Driving directions available on the RMS website:
www.randolph.k12.nc.us/schools/randmid

ENTRY FEES:
_____ $20 Pre-registration (on/before 11/22)
_____ $25 Race Day registration (11/23)
Total Amount Enclosed ________________

SHIRT SIZE (PLEASE CIRCLE)
S  M  L  XL

By signing this registration I assume sole responsibility and waive all liability from Randleman Middle School, Randolph County Schools and all other sponsors for any injury or loss occurring during the RMS 5K Spirit Run/Walk and all events pre and post race.

Signature (if under 18, parent/guardian must sign)