

## Thanks to our sponsors

*Castle & Cooke*



Independent Tribune



## Tour De Tots:

*Bike Rodeo, 31 and  
62 mile tour courses,  
5k Family Ride*



For more information, please log on to  
[www.cmc-northeast.org/tourdetots](http://www.cmc-northeast.org/tourdetots)

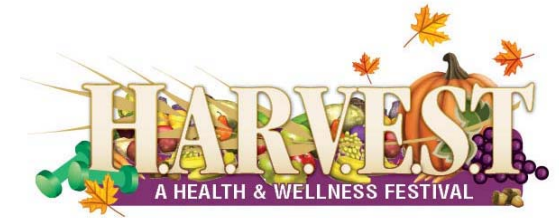
## Health Fair Highlights:

ACTIVITIES FOR KIDS  
HEALTH SCREENINGS  
MINI FARMERS MARKET

*For more information, please log on to  
[www.cityofkannapolis.com](http://www.cityofkannapolis.com)*

City of Kannapolis  
Parks and Recreation  
700 West C Street  
Kannapolis, NC 28081

City of Kannapolis  
Parks and Recreation



# Health Fair 5K

Saturday,  
September 12, 2009  
7:30 am

North Carolina Research  
Campus & Village



704-920-4343

2009 H.A.R.V.E.S.T.  
Health Fair 5K

NCRC Core Lab Building

Biotechnology Drive, Kannapolis

Saturday, September 12

6:30AM Registration & Chip Pick-Up

7:30 AM 5K Run

### Entry Fees

Dates	5K
<b>Early Registration</b>	<b>\$15.00</b>
<b>Registration</b> September 3 - 10th	<b>\$20.00</b>
<b>Race Day</b> September 12th	<b>\$25.00</b>

Cash or Check only. Make checks payable to  
City of Kannapolis  
Entry fees are non-refundable.

### Registration

Register in person at the following locations:  
Parks & Recreation Offices at Village Park;  
700 West C Street; 704-920-4343

~ OR mail your registration to:  
Kannapolis City Offices  
Attn: HARVEST 5K  
PO Box 1199; Kannapolis, NC 28082

~ OR register ON-LINE  
by September 10  
[www.active.com](http://www.active.com)

Race Day Registration & chip pick up begins  
at 6:30AM near NCRC Core Lab Building

### Age Groups & Awards

- ~ Top Female & Male Finisher
  - ~ Top 3 Male & Female in each age group
- ~ 17 & under    ~ 18 - 24    ~ 25 - 34  
~ 35 - 44    ~ 45 - 54    ~ 55 - 64  
~ 65 & up

Awards will be presented at the completion of the H.A.R.V.E.S.T. 5K. After race day awards may be picked at the Kannapolis Parks & Recreation Department as they will not be mailed. Awards will be held for two weeks.

### Packet Pick-up & Shirts

Race packets will be available for pick-up at the check-in booth beginning at 6:30AM on race day.

All early registration participants in the 5K will receive a t-shirt. Shirts are not guaranteed with race week or race day registration.

### Logistics

- ~ Total Field (youth & adult) limited to 500
- ~ Participants will need to gather at the Core Lab Building, near the starting line at 7:15A for instructions
- ~ Race Day Registration and check-in will be outside the Core Lab Building.

### City of Kannapolis Parks and Recreation

700 West C Street  
Kannapolis, NC 28081  
Phone: 704-920-4343  
Fax: 704-920-4342  
E-mail: [btolle@ci.kannapolis.nc.us](mailto:btolle@ci.kannapolis.nc.us)

### H.A.R.V.E.S.T. 5K Registration Form

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State, ZIP \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_  
Age & Date of Birth (mm/dd/yyyy) \_\_\_\_\_  
 Male     Female

#### Shirt Size

Youth Small     Youth Medium     Adult Small  
 Adult Medium     Adult Large     Adult X-Large  
 Adult XX-Large     No shirt, thank you

Entry Fees	Dates	5K
<b>Early Registration; Thru September 3</b>		<b>\$15</b>
<b>Registration; September 3—10</b>		<b>\$20</b>
<b>Race Day; After September 10</b>		<b>\$25</b>

#### TOTAL AMOUNT ENCLOSED:

Cash or Check only. Make checks payable to City of Kannapolis.  
Entry fees are non-refundable.

### Waiver

THIS MUST BE SIGNED IN ORDER TO PARTICIPATE IN THIS EVENT. In consideration of my application being accepted, I accept any risk of participation in the run and agree to hold harmless the City of Kannapolis and all sponsors, all officers, directors and members of said organizations, their respective employees, agents and any other individuals who are in any way associated with this event, including volunteers. I attest and verify that I am in proper physical condition to compete in this race and understand the risk and rigor associated therewith and I have sufficiently trained for the competition of this event. I also give my permission for the free use of my name, picture in any written account, broadcast, telecast of this event for any legitimate purpose. I understand that if the race is cancelled because of circumstances beyond the control of the race committee and sponsors, including but not limited to hazardous weather conditions or government ban, my entry fee will not be refunded. I understand that I will be charged \$35 if I do not return the Champion Chip after the race.

Signature (parent or guardian if under 18)

Bib Number:

Chip Number: