

SPONSORS - RUN LEVEL

**“Not 2 Hot 2 Trot”
5 K Road Race &
1 Mile Walk “Cool Crab Crawl”**

Pre-Registration (ends June 1st):

Send your signed, completed Entry Form (including Entry Release) & check (\$15.00 pre-registration fee) to:

Mid-East Development Corp.
1385 John Small Avenue
Washington, NC 27889

You may pick up race packet on site the day of the race or at 1385 John Small Avenue before noon Thursday June 11th.

Race Day Registration (June 13th):

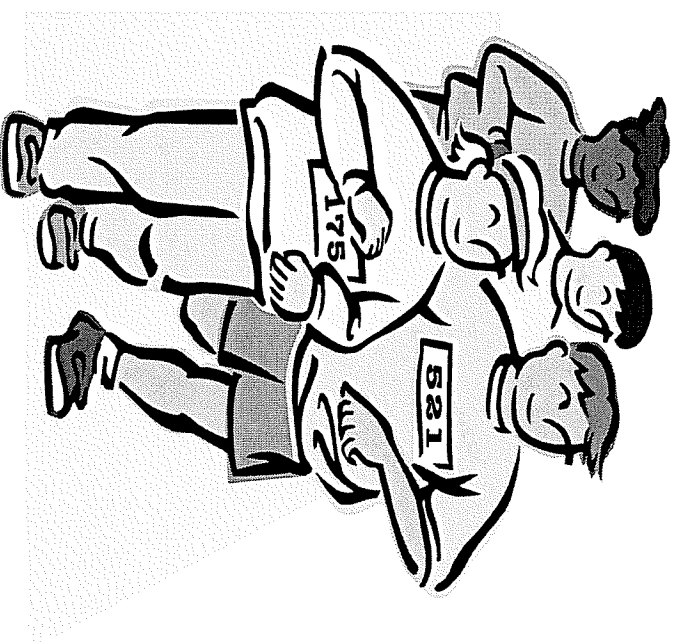
Race Day registration (\$20.00 Race Day Fee) will be from 6:30 AM—8:00 AM on the Commons beside the NC Estuarium (Water & Bonner Streets)

- Certified 5K Road Race
- Timing by East Carolina Road Racing
- Tee Shirts: available Race Day only
- Limited number of sizes available on Race Day at Registration
- NO pets, skates, or bikes in the race
- Jogging strollers acceptable
- 1 mile walk available
- For more information contact your local Senior Center or call (252) 974-1836

**- Come for the Run -
- Stay for the Fun -**

**SATURDAY 6:30 AM-REGISTRATION
8:00 AM- RACE BEGINS
DEADLINE FOR PRE-REGISTRATION
JUNE 1ST**

**3rd Annual
“Not 2 Hot 2 Trot”
5K Road Race &
1 Mile “Cool Crab Crawl” Walk**



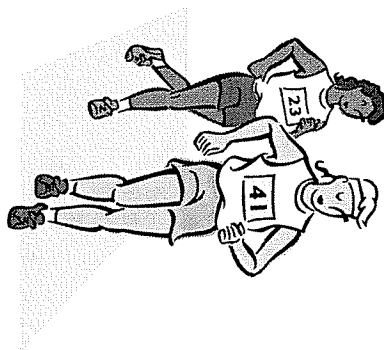
Proceeds benefit health & wellness activities for our seniors through:

Grace Martin Harwell Senior Center
(Washington/Beaufort County)
Seniors' Center—Belhaven
Pitt/Greenville Senior Games (Region Q)
Pitt County Senior Center
Martin County Senior Center
Bertie County Senior Center

SPONSORS - TROT LEVEL

3rd Annual

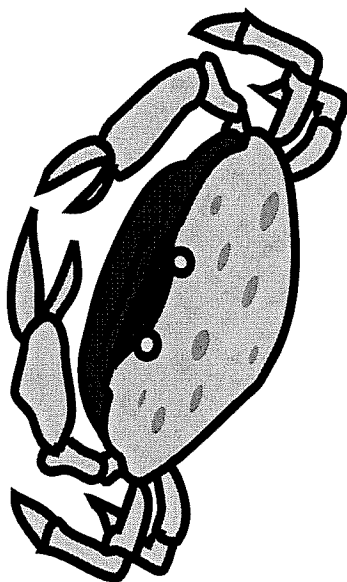
"Not 2 Hot 2 Trof" 5K Road Race and 1 Mile Walk—Cool Crab Crawl



Saturday, June 13th
 Registration 6:30 AM
 Race Begins 8:00 AM
 Awards 8:45/9:00 AM

Race victoriously during the Washington Summer Festival by participating in this 5K (3.1 miles) road race or 1 mile walk. The 5K certified course starts at the NC Es-tuarium on Water Street and takes contestants through some of Washington's breathtaking historic area, past Havens Garden Park, and through Washington Park on quaint Riverside Drive. While the beauty of the Pamlico River is apt to inspire participants, don't go too slow because timing and scoring for the race will be conducted by East Carolina Road Racing. Results will be posted on the Internet at www.ecrun.org. A 1 mile course for a Cool Crab Crawl will also be available for walkers.

So, you can run or walk, just be a part of this event! Proceeds from the race go to help local senior centers fund health and wellness activities for seniors — Grace Martin Harwell Senior Center (Washington/Beaufort County), Seniors' Center (Belhaven), Pitt/Greenville Senior Games (Region Q), Pitt County Senior Center, Martin County Senior Center & Bertie County Senior Center. This race encourages participation of all ages.



Entry Release Form

In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against the Mid-East Commission, Mid-East Development Corporation, and its members, partners, and all sponsors and supporters of this event for any injury or illness that may directly or indirectly result from my participation in the 3rd Annual "Not 2 Hot 2 Trof" 5K Road Race & 1 Mile Walk—Cool Crab Crawl. I further state that I am in proper physical condition to participate in this event, and that none of the above parties is under any obligation to provide a physical examination or other evidence of my fitness to participate in the race, with this being my sole responsibility. I also give permission for the free use of my name and picture to any broadcast, telecast, or written account of the event—Signature required at bottom of registration form.

Saturday, June 13, 2009

On-site registration begins at 6:30AM

Race begins 8:00AM

"Not 2 Hot 2 Trof" 5K Road Race & 1 Mile Walk—Cool Crab Crawl

Birthdate _____ Age _____

(We must have exact age for timing!)

- 15 & under 40-49
 16-19 50-59
 20-29 60-69
 30-39 70 +

Gender: Male Female

T-shirt size: S M L XL 2XL

Participate in: 5K Run 1 Mile Walk (Cool Crab Crawl)

Name: _____

Mailing Address: _____

Phone Number: _____

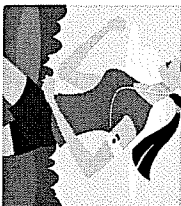
Email: _____

SATURDAY, JUNE 13TH, 2009
 6:30 AM--REGISTRATION
 8:00 AM--RACE BEGINS
 DEADLINE FOR PRE-REGISTRATION
 JUNE 1ST

Pre-registration —\$15.00 / Race Day—\$20.00

Make checks payable to:

Mid-East Development Corp.
 1385 John Small Avenue
 Washington, NC 27889



I have read & understand the **Entry Release Form**

Runner signature: _____

Guardian signature: _____