

# WESTOVER "SPRING SPIRIT" 5K

## 5k STREET/TRAIL, RUN/WALK TO BENEFIT WESTOVER HIGH SCHOOL FACILITIES IMPROVEMENT

SATURDAY, 28 APRIL 2018, 8:00 A.M.



5k RUN/WALK STARTS AND ENDS ON WESTOVER HIGH SCHOOL CAMPUS, 277 BONANZA DR.,  
FAYETTEVILLE, N.C. 28303.

PACKET PICKUP: FRIDAY, 27 APRIL 2018 4:30-6:00 PM AT WESTOVER HIGH SCHOOL; NEAR BUS LOT  
AT REAR ENTRANCE.

RACE DAY REGISTRATION AND PACKET PICKUP 6:30-7:30 AM AT START LINE (BUS LOT) BEHIND  
WOHS.

ZUMBA WARM-UPS/PRE-RACE ACTIVITIES/OPENING CEREMONIES: 7:00-7:50 A.M.

5K RUN/WALK STARTS AT 8:00 SHARP!

AWARDS CEREMONY AT STADIUM FOLLOWING RUN/WALK. 5K RUN/WALK REGISTRATION COST IS  
\$25.00. INCLUDES DRI-FIT T-SHIRT. AWARDS TO OVERALL MALE/FEMALE FINISHERS AND TOP  
MALE AND FEMALE IN AGE GROUPS 14 AND UNDER, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-  
79, 80 AND OVER. ALL DONATIONS APPRECIATED; THANK YOU!

CALL COL ELI BALLARD OR CSM CALDWELL FOR DETAILS (910-864-0190)

-----CUT AND SUBMIT WITH PAYMENT NLT 1 APR TO GUARANTEE SHIRT SIZE-----

NAME \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_ T- SHIRT SIZE (circle One) SM M L XL XXL(+\$2) NONE

Waiver (MUST BE SIGNED) In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against Cumberland County Schools and their representatives, successors, subordinates and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a street/trail footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

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

Parent or Guardian signature if under 18 \_\_\_\_\_ No refunds

Make Checks payable to: Westover High School. Mail to: Westover High School, 277 Bonanza Drive, Fayetteville, NC 28303 Attn: JROTC, COL Ballard. Donations Appreciated! Thank you! Also on Active.com and Facebook!