

REGISTRATION FORM

(to be completed by individual runners)

I know that running a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running/walking in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including heat or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Train Depot, the Morehead Lookout Rotary Club, USA Track and Field, Run The East, LLC and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have, or that might accrue against the Morehead Lookout Rotary Club and its agencies, officers and employees, for any and all injuries suffered by me in said event.

Signature Required For Valid Entry

SIGNATURE

DATE

PARENT'S SIGNATURE IF UNDER 18 YEARS

PLACE

Train Depot

1001 Arendell Street, Morehead City, NC 28557

**Maps of Race Course
are available for viewing at the Sports Center.**

Bathroom available to participants and guests.

AWARDS

5K and Half Marathon:

Prizes awarded to the top 3 overall male and female winners in each race.

Medals awarded to all Half Marathon participants.
Medals awarded to 1st & 2nd place male and female winners in all age divisions in each race.

Gildan Performance Short Sleeve T-Shirt
to the first 350 registered.

Massage therapy available post race

RACE INFORMATION

visit

www.lookoutrotaryroadrace.com

or

SPORTS CENTER

(252) 726-7070

701 North 35th Street, Morehead City, NC

**If you are interested in training for the Half Marathon,
call the Sports Center to make arrangements.**

A health oriented family fitness event organized by Lookout Rotary, Morehead City, NC. Race proceeds will be given as donations to Rotary-supported charitable groups with emphasis on local county programs. Flat and fast sanctioned and certified neighborhood course. An event for every age and skill level.

Race Director: Chris Barnes (252) 241-0372

LODGING

**For lodging assistance/tourist information
call 1-800-SUNNY NC (1-800-786-6962).**

Discounted rates available on a first come first serve basis:
Hampton Inn - Call 252-240-2300 & reference Group Code "LOO"
Bask Hotel - Call 252-499-9200 & ask for race rate

Lookout Rotary of Morehead City wishes to thank the following business and individuals who have so generously contributed to this fundraising effort of our organization for the purpose of giving back to our community.

HOSTED BY

Connecting Point 
COMPUTER CENTER



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“Run For Healthy Living” 1 Mile Run

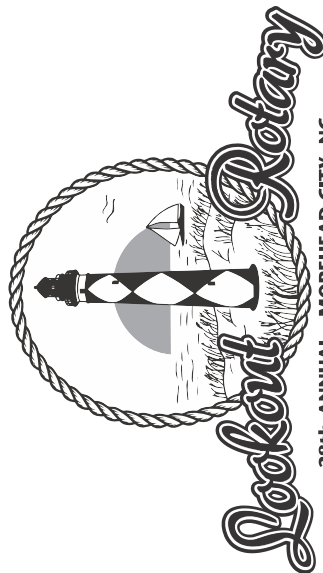
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**Coastal Carolina Orthodontics
Carteret Health Care
Crystal Coast Family Practice**

SPONSORS

Carteret Foot & Ankle • McSherry Wells
Central Coast Wound Physicians • Carteret Children's Clinic
Denny Lawrence • Dr. John Gould • Dr. Bill Walker

Lookout Rotary Club
P. O. Box 1854
Morehead City, NC 28557



28th ANNUAL - MOREHEAD CITY, NC

PORT to FORT
Half Marathon

APRIL 22, 2017
lookoutrotaryroadrace.com




28th ANNUAL - MOREHEAD CITY, NC

PORT to FORT
Half Marathon

SATURDAY
APRIL 22, 2017

Train Depot  **NEW LOCATION**
1001 Arendell Street, Morehead City, NC

- Timed by Run the East, LLC • Electronic Chip Timing
- USATF Certified Courses

5K Run and Fitness Walk • 5K Wheelchair
"Run for Healthy Living" 1 Mile
"Port to Fort" Half Marathon  **NEW EVENT**

PRE-REGISTER at
www.RunTheEast.com
or enclosed entry form

Race Forms and Information
www.lookoutrotaryroadrace.com
Sports Center 252 726 7070

Packet Pickup available Friday, April 21st 5:00 to 6:30 pm
at Sports Center, 701 N. 35th St, Morehead City, NC
or Race Day 6:30 am at the Train Depot

HOSTED BY

Connecting Point 
COMPUTER CENTER



RUN FOR HEALTHY LIVING HOSTED BY



DATE
Saturday, April 22, 2017

will be held **rain or shine.**

TIMES

- 6:30 am Race Registration
- 7:30 am Half Marathon
- 7:35 am 5K Wheelchair
- 7:45 am 5K Run and Fitness Walk
- 7:50 am "Run for Healthy Living" 1 mile (5th grade qualifiers)

- * Tot push/pull welcome in 5K
- * No walkers Half Marathon

ENTRY FEE

Pre-registration: \$25 for 5K / \$55 for Half Marathon
Pre-registration ends April 14th at 5:00pm

Military Discount:

\$15 pre-registration for 5K / \$45 for Half Marathon
\$20 *after* pre-registration for 5K / \$50 for Half Marathon

Family Special:

Up to 4 entries per family (children under 18)
Each family member must fill out separate entry form
\$15 per person pre-registration for 5K / \$45 for Half Marathon
\$30 per person *after* pre-registration for 5K / \$60 for Half Marathon

Return forms to Sports Center, mail to Lookout Rotary, or go
online and Pre-Register at **RunTheEast.com.**

Race day registration: \$30 for 5K / \$60 Half Marathon

Checks should be made payable to:
Lookout Rotary Club, P.O. Box 1854,
Morehead City, NC 28557

AGE DIVISIONS

Half Marathon

Males and Females: 19 and under, 20-24, 25-30, 31-34,
35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

5-K Run and Fitness Walk

Males and Females: 8 and under, 9-10, 11-12, 13-15,
16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49,
50-54, 55-59, 60-64, 65-69, 70+

1 Mile "Run For Healthy Living"

5th grade students qualifiers

ENTRY FORM

Check Payable and Mail To:
Lookout Rotary Club
P.O. Box 1854
Morehead City, NC 28557

- Individual Entry
- Family Entry*

First Name Middle Initial Last Name

Mailing Address (Street, include Apt. No.)

City State Zip

Area Code Phone Number

E-Mail

Age on Day of Race

- Male
- Female

Men's T-Shirt Size (Circle)
S M L XL

- Half Marathon
- 5K Run and Fitness Walk
- 5K Wheelchair

* Each family member must fill out
separate entry form.

ENTRY FEE: \$ _____

Event Sanctioned by USA Track & Field

SIGN WAIVER ON BACK

May Duplicate - Both Sides