

## 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, Morehead City Parks and Recreation, 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 Long Sleeve T-Shirt  
to the first 350 registered.

Massage therapy available post race

## PHOTOS

Event photos will be available after the race on  
The Rotary Club of Morehead City-Lookout Facebook page

## RACE INFORMATION

visit

[www.lookoutrotaryroadrace.com](http://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).***

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



## GOLD SPONSORS

Bask Hotel at Big Rock Landing

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Carolinas Center for Surgery

Hampton Inn by Hilton Morehead City

Momentum

Moore Orthopedics & Sports Medicine

Morehead Animal Hospital

Rid-A-Pest

RSM-US, LLP

Tow Boat US

## SILVER SPONSORS

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Community Pharmacy • Crowe Law Firm

Crystal Coast Electric • Edward Jones - Cheryl Mansfield

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The Bookshop • TMX Shipping

Debra Whaley • Dr. Jack Winchester • Matt Zettl

## “Run For Healthy Living” 1 Mile Run

## HOSTED BY

**Coastal Carolina Orthodontics**

**Carteret Health Care**

**Crystal Coast Family Practice**

## SPONSORS

Carteret Foot & Ankle

Central Coast Wound Physicians • Carteret Children's Clinic

Denny Lawrence • Dr. Bill Walker

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



29th ANNUAL - MOREHEAD CITY, NC  
**PORT to FORT**  
Half Marathon  
**SATURDAY**  
**APRIL 28, 2018**

Train Depot  
1001 Arendell Street, Morehead City, NC

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

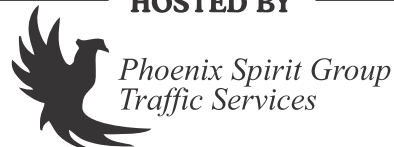
5K Run and Fitness Walk • 5K Wheelchair  
"Run for Healthy Living" 1 Mile  
"Port to Fort" Half Marathon & Half Marathon Wheelchair

**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 27th 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 28, 2018**

will be held **rain or shine.**

**TIMES**

- 6:30 am Race Registration
- 7:30 am Half Marathon
- 7:40 am "Run for Healthy Living" 1 mile (5th grade qualifiers)
- 8:00 am 5K

\* 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 20th 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**

**HOW TO RUN FOR FREE!!**

Refer 5 or more and get your registration fee refunded.  
Go to RunTheEast.com to register to get more details.

**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

Referred by (Optional)

- Male
- Female

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

- Half Marathon
- Half Marathon Wheelchair
- 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