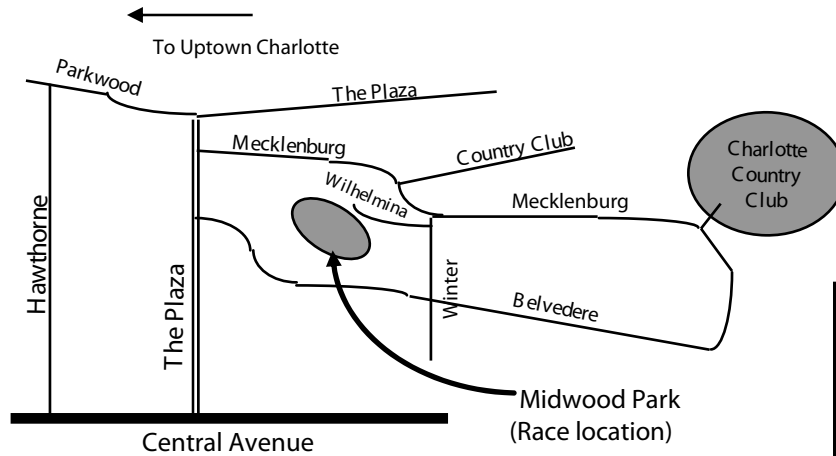
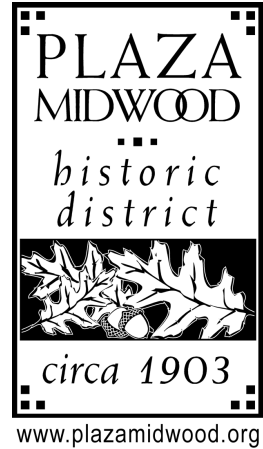


Midwood Miles 5k Road Race

A 5k Road Race in the Historic Plaza-Midwood Neighborhood in conjunction with the 2009 Midwood Maynia Spring Festival



Children's fun run immediately following the 5k for all children 12 and under. Meet at the finish line in Midwood Park at approximately 9:15.

Saturday, May 2, 2009 ◆ 8:30 a.m.

Race Packet Pick-up & Race Day Registration: 7:30 a.m. Midwood Park (the park is in the Plaza-Midwood Community) at the Intersections of Mecklenburg, Winter, and Wilhelmina, Charlotte, NC. A gently rolling course that runs through the beautiful historic community of Plaza - Midwood. Awards presented following the race.

Entry Fees: \$12.00 post marked by April 25, \$15.00 Race Day

Age Groups & Awards: Top Male / Female finishers, Top Male / Female finishers in the following age categories: 14 and under, 15 - 19, 20 - 29, 30 - 39, 40 - 49, 50 - 59 and 60+.

BABY JOGGER AWARD TO TOP FINISHER RUNNING WITH A BABY JOGGER _____

Race Director: Chris and Gina Folk (704)372-2217

Please enter me in the Midwood Miles 5k Road Race

Please Print:

Name: _____
 Age: _____ Male Female
 Address: _____
 City: _____ State: _____
 Zip: _____ Phone: _____
 T-shirt size(circle): S M L XL

Make checks payable to:
 PMNA
 P.O. Box 9394
 Charlotte, NC 28299-9394

Waiver:

I waive any and all claims against Midwood Miles Road Race sponsors for illness or injury which may result directly or indirectly from my participation in the race. I further state that I am in proper physical condition to participate in this event. I am also aware that participation by me or any family member in this event would, in some circumstances result in physical injury.

Signature _____
 (Parent's signature if participant is a minor)
