



THE FASTEST MILE IN NC!

Sponsors



Friday Night - June 17th - Centennial Parkway

Come run "The Fastest Mile in NC" & possibly the East Coast! With over 100' of elevation loss in just a mile, the Raleigh RunDown is as close to a sure PR as you're going to find!



Schedule:

- 5:00pm Race Day Registration (ending at 6:30pm)
- 7:00pm Women's Competitive Race
- 7:20pm Men's Competitive Race
- 7:40pm Recreational Run/Walk
- 8:30pm Awards (provided by Runologie) & Post-Race Party at Trophy Brewing / Maywood

Awards will be given to top 3 in Male and Female categories below:

- Top 3 Overall - Youth (17 and under) - Open (18-39)
- Masters (40-49) - Grand Masters (50+) – Sr. Grand Masters (60+)

*Top 5 Male and Top 5 Female finishers gain automatic entry to the Pop Up Miles – Championship Miles on Tuesday, June 28th. Winners from that race will get a chance to compete in the Elite Race at the 2016 Sir Walter Miler.

Cost: \$20 + optional \$5 T-Shirt (Register by 6/1 to guarantee Shirt) – Make checks payable to Sir Walter Running

Parking will be available in nearby NC State Centennial Campus parking lots and at Trophy Brewing Co. at 656 Maywood Ave, Raleigh, NC 27603.

First name: _____ Last name: _____

Race (circle one): Men's Competitive Women's Competitive Recreational Run/Walk

Date of birth: _____ Age on Race Day (June 17): _____ Day phone: _____

Email address: _____

Address: _____

City: _____ State: _____ ZIP code: _____ T-Shirt (circle one): Yes / No Size: _____

Emergency contact name: _____ Emergency Phone: _____

Raleigh RunDown Race Waiver - You must read and agree to the following waiver in order to participate in this event. I know and understand that running in a road race is a potentially hazardous activity. I attest that I am medically able and properly trained for the event and agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, effects of the weather, traffic, the condition of the road, and gastrointestinal discomfort. All such and related risks being known and appreciated by me. Having read and understood this waiver and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Raleigh RunDown, Sir Walter Running, Sir Walter Miler, Runologie, Trophy Brewing Co., USATF, race organizers and volunteers, and all sponsors, their officers, employees, agents, representatives and successors from all claims or liabilities of any kind resulting from my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes. I hereby waive any right to inspect or approve the finished electronic, photograph, or printed matter that may be used in conjunction with them now or in the future. I understand that bicycles and skateboards are not allowed in any event. I will abide by these guidelines. No Refunds in the Event of Inclement Weather or for any other reason. I acknowledge that the Raleigh RunDown is to be run on Friday, June 17, 2016. In the event that inclement weather conditions should require cancellation of the race before it is to start or early termination after it has started because of safety concerns, I understand that the race WILL NOT be rescheduled. I also understand and agree that my entry fee WILL NOT be refunded.

I agree X _____ (if under 18, please have Parent/Guardian sign)