

The Friends of the Lake 5K Road Race and Walk is a charitable event to support the recreation opportunities at Lake Junaluska. All profits from this event go toward the annual maintenance and improvement of the recreation areas at Lake Junaluska.

The 5K Road Race and Walk is presented by the Friends of the Lake Circle. Supporting the Friends of the Lake helps maintain the grounds and recreation facilities, which costs more than \$375,000 annually.

Gifts to the Friends of the Lake are vital in sustaining Lake Junaluska as a beloved place where the community can enjoy the walking trail, gardens and breathtaking vistas.

If you have questions, comments or would like to make a gift, please contact the Development Office at (828) 454-6680 or developmentoffice@lakejunaluska.com.

For more information on the Friends of the Lake Circle, please visit lakejunaluska.com/friends-of-the-lake.



5K Road Race & Walk

Saturday, April 8, 2023



www.lakejunaluska.com/run

REGISTRATION

Friends of the Lake 5K Road Race & Walk

Entry Form

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: (____) _____

Email: _____

Sex: Male _____ Female _____

Age on 4/8/2023: _____

Birthdate: _____

Event Entering: 5K _____ Walk _____

Shirt size: Youth: L Adult: S M L XL 2-XL

WAIVER: Upon acceptance of this entry, I, for myself, my heirs and assigns, hereby release the sponsors, officials, and volunteers of the Friends of the Lake 5K & Walk from any and all liability arising from illness, injury, or death I may suffer as a result of my participation in this event. I attest that I am physically able and have sufficiently trained for this event and am aware that participation in this event could result in physical injury. Should officials determine that completion of the event would be injurious to my health, I consent to be removed from the event and treated by designated medical personnel. I agree to accept the decisions of the officials as final. I also understand that wheeled vehicles including bicycles, skates and scooters are prohibited from the course. I give my permission for free use of my name and images of myself in any photographs, results, publications, or any other print, videographic, or electronic recordings of this event. No solicitations allowed. I also understand that the entry fee is NON-REFUNDABLE FOR ANY REASON.

Signature of Runner

Parent/Guardian if Under 18 years of age

Date _____

ENTRY FEE

Runners/Walkers

Early registration*: Until March 23, 2023 \$25

***T-shirt guaranteed**

Event registration: March 24-April 8, 2023.... \$30

Students (18 & younger): \$15

Checks payable to Lake Junaluska Assembly.

T-shirts will be given to those who pre-register for the 5K or Walk by March 23, 2023.

RACE DAY REGISTRATION/SIGN-IN

Saturday, April 8, 2023

7:30-8:30 a.m.

Nanci Weldon Open Air Gym

Race will begin at 9:00 a.m.

Walk will immediately follow.

This event is chip timed
by Right on Time Productions.

REGISTER ONLINE:

www.lakejunaluska.com/run

REGISTER BY MAIL:

Lake Junaluska
Attn: Melissa Aldridge
PO Box 67
Lake Junaluska, NC 28745

COURSE

The course for both the 5K and Walk will begin and end at the Nanci Weldon Open Air Gym.

AWARDS

The awards ceremony commences upon the end of the race. Awards will be given to the top three male and female overall winners. Age group awards will be given to the top three male and female winners in the following age categories:

12 years & Under

13-16 17-19 20-24 25-29 30-34

35-39 40-44 45-49 50-54 55-59

60-64 65-69 70-74

75 & Over

No double dipping for awards!

INFORMATION:

For details and results, visit
lakejunaluska.com/run

Development Office: (828) 454-6680 or
developmentoffice@lakejunaluska.com

For everyone's safety, no pets, skates or bikes will be allowed during event. Child strollers are allowed, but you need to line up in the back of the runners.



Lake Junaluska