



Cherokee runners legends & tales 5K Run/Walk

October 11, 2014 – 7:30A Start Time

The Cherokee Runners are hosting a special footrace, the inaugural Legends & Tales 5K. This event will coincide with the Tribe's Cherokee Indian Fair and takes place on the final day. Run with us! Enjoy a 5K course in downtown Cherokee. This race will help raise funds for the Cherokee Cancer Support Group as well as helping develop coaching programs through the Cherokee Runners group.

When and Where

The event will begin at the Cherokee Visitor's Center parking lot on Highway 441 in Cherokee, North Carolina (directly across from the Fairgrounds entrance). Race day registration and check-in are from 6:00 AM to 7:00 AM and the 5K begins at 7:30 AM.

Course: The 5K is a scenic course through downtown Cherokee toward the Casino with one water stop at the halfway mark/turn around.

Questions? Want to help?

Contact Sunset Race Coordinator, Michael Henson, at henson25@gmail.com for more information including maps, course photos, or visit our website:

www.cherokee.runners.com

Registration on line (see below) and by mail. Pre-registration for 5K run/walk is \$20. Late registration after October 1 is \$25. Entry forms and checks payable to Cherokee Runners can be mailed to: Elnora Thompson, Treasurer, PO Box 283, Cherokee, NC 28719.

Medals will be awarded in age groups: 10-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+; masters male & female and male & female overall

On-line registration at http://www.active.com/event_detail.cfm?event_id=2133106

Name: _____ Age: _____ Gender: _____
Address: _____ e-mail: _____
City: _____ State: _____ Zip code: _____
Phone: _____ DOB: _____
Emergency contact: _____ Phone #: _____

First 100 runners will receive a tee-shirt

T-Shirt size (circle one): Youth-L Adult-S Adult-M Adult-L Adult-XL XXL (add \$2 to race fee)

I hereby certify that I am adequately fit to run in this race. In consideration of the acceptance of this entry, I the undersigned, for myself, my personal representative, beneficiaries and heirs, knowingly waive, release, and discharge any and all rights and claims which I have or may have hereafter accrued to me or my estate against the Eastern Band of Cherokee Indians, the Cherokee Runners organization and/or any other sponsors, organizers and volunteers and assigns for any and all injured or death suffered by me in this event. I will also allow my picture to be used in publication as a result of this race.

Signature: _____ Date: _____

(A parent or legal guardian must sign for all participants under the age of 18)

There will be no refund of entry fees. Substitutions will be allowed with written permission (e-mail acceptable) of the person no longer running until October 5, 2014. Send request to gerrgrady@yahoo.com.