

**REGISTRATION INFORMATION:**

Please Print (One Participant per Form)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Gender: M F (circle one) DOB \_\_\_\_\_

Age: \_\_\_\_\_ (as of 10-14-17)

Shirt Size (circle one): S, M, L, XL, XXL,  
or Youth: S, M, L, XL

**FEES:**

Make Checks Payable to: Darleen's Flamingo 5K  
915 Smith Shore Rd. Belhaven, NC 27810

\$15 by October 1st - Age 10 and younger \$ \_\_\_\_\_

\$20 by October 1st - Age 11 and older \$ \_\_\_\_\_

\$25 after October 1st - All Ages \$ \_\_\_\_\_

Make a Cash Donation \$ \_\_\_\_\_

TOTAL of Above: \$ \_\_\_\_\_

**WAIVER AND RELEASE OF LIABILITY:**

I realize that running can be a hazardous activity, and that I and my heirs, executors, administrators, and assigns do hereby release the organizers, sponsors, all race personnel, from responsibility for any damages suffered by me as a result of my participation in this event. I give my permission for any photos, video or any other recordings, which contain me to be used for promotional purposes. I attest that I believe that I take full responsibility for my own safety before, during and after the event. I am healthy/fit enough to participate in this event.

\_\_\_\_\_  
Signature of Runner or Parent if Minor      Date

**BENEFIT:**

The 7th Annual Event raised \$20,000 for the Shepard Cancer Foundation, bringing our total donation to over \$100,000. The 8th Annual Darleen's Flamingo 5K's net proceeds and donations will again benefit the Shepard Cancer Foundation in Washington, NC, in honor of Darleen Smith. Darleen fought a hard battle against Breast Cancer and lived by her favorite slogan, you "Make Your Own Party". This annual event will take place in her beloved waterfront community of Smithton, and pink flamingos will adorn the yards, roads and waterviews as you show your support in an effort to combat Cancer! Learn about the Shepard Cancer Foundation online at [www.shepardcancerfoundation.org](http://www.shepardcancerfoundation.org).



Shepard Cancer Foundation

**SPONSORSHIP:**

Darleen's Flamingo 5K is made possible by the generous contributions of many family members, friends, local businesses and organizations. We would like to thank all of our sponsors for helping make our seventh event a success! If you would like to sponsor our event, please call us at (252) 945-6542 or email [5k@winkcpu.com](mailto:5k@winkcpu.com).

Darleen's Flamingo 5K. 2017. All Media Rights Reserved.  
Design Donated by WiNK Computer Service - 252.945.6541

**8TH ANNUAL  
Darleen's Flamingo 5K**

Race at Hubs Rec Road



*"Make Your Own Party"*

**October 14, 2017  
Belhaven, NC**

## EVENT INFORMATION:

### DATE:

Saturday, October 14, 2017

### TIME:

Morning Registration: 7AM-8:45AM  
Race Starts Promptly at 9AM  
(Breakfast After Race)

### PLACE:

End of Hubs Rec Road, at the "T" intersection

### DRIVING DIRECTIONS:

From Belhaven/Hyde:

Take Highway 99 across bridge,  
Take second road to the left onto  
Hubs Rec Road and follow signs.

From Washington, NC:

Take US Hwy 264 East towards  
Belhaven, NC until you see  
Northeast Elementary on your right  
(school with teal roof), Take a right  
immediately after onto  
Seed Tick Neck Rd and take until road  
ends at stop sign, Turn left onto Hwy 99,  
and then take a right onto Hubs Rec Rd.  
and follow signs for the event.

### PARKING AND RACE SHUTTLE:

Parking will be guided from Hubs Rec Rd via  
signs and volunteers. At the parking area  
participants will be shuttled to the starting area  
to reduce congestion on the road course.  
Continuous shuttles will run before, during, and  
after the event.

### COURSE, TIMING AND SCORING:

The 5K course is USATF certified and is on flat,  
paved, terrain through the waterfront community  
of Smithton. Timing and scoring will be  
performed by Run The East. More information is  
available online at: [www.runtheeast.com](http://www.runtheeast.com)

### AWARDS:

Awards will be given for the top 3 male and female  
overall, the top 3 male and female in each group,  
and the oldest male and female finisher.

5K age groups have awards for: 15 and under,  
16-19, 20-29, 30-39, 40-49, 50-59, and 60+.

### RULES:

- No dogs, skates, or bikes are allowed on the race course.
- Runners must remain on the road course at all times.
- Race Director, the Race Committee, Run The East reserve the right to reject an application or remove any participant from the course at their discretion.
- Transfer of race numbers is strictly prohibited. No one is allowed on the course without a race number.
- To ensure a safe race, runners must avoid running side-by-side and blocking the path/roadway.
- All participants will need to be able to hear other runners or vehicles along the course.
- Rules for Run The East at [www.runtheeast.com](http://www.runtheeast.com)

### RACEDAY REGISTRATION:

Participants will be able to pickup their race day  
info on the morning of the race beginning at  
7:00AM and ending at 8:45AM. Please follow the  
signs to the parking area and you will be shuttled to  
the registration/start line. Please be sure to leave  
valuables in your locked vehicles at the parking lot,  
as the event, it's sponsors and volunteers will not  
be responsible for any items lost or stolen.

### T-SHIRTS & MERCHANDISE:

All participants registered by October 1st will  
receive a t-shirt for this 8th Annual event. T-shirts  
and other items will also be available for sale on  
race day with all proceeds being donated.

### REGISTRATION:

Please fill out the registration form on this  
brochure, or you can register online at  
[www.runtheeast.com](http://www.runtheeast.com).

### INCLEMENT WEATHER:

In the event that this race cannot be held on  
October 14, 2017, due to circumstances  
beyond the control of the race directors, the  
race will be cancelled and not be rescheduled  
for this year. No refunds will be given.

### SPONSORS:

There have been many folks that have helped  
make this eighth annual event possible as we  
remember Darleen and take an effort to stop  
cancer. We would like to list everyone, but  
space is limited and we will thank you in person  
many times over.

THANK YOU and GOD BLESS for all the help!

