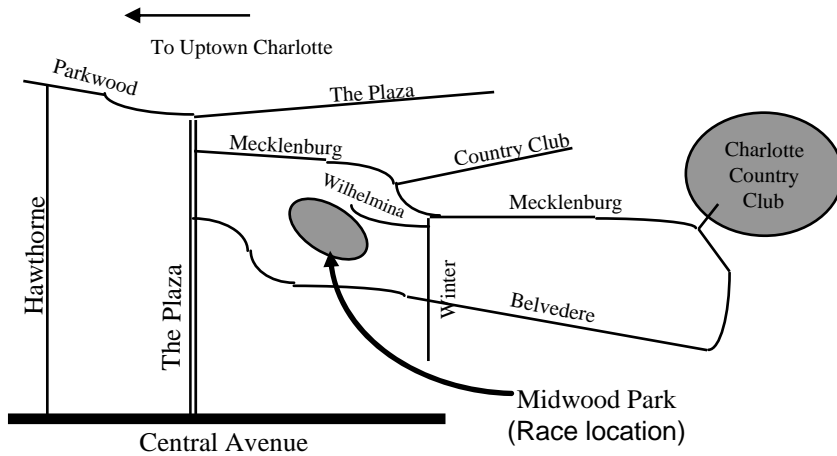


Midwood Miles 5k Road Race

A 5k Road Race in the Historic Plaza-Midwood Neighborhood
in conjunction with the 2010 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 1, 2010

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 24, \$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 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)
