

# Twin Bridges 8K Run

## Saturday, October 1, 2016

### 8:00 a.m.

#### Start & Finish:

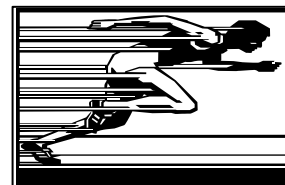
The Twin Bridges 8K Run will begin at 8:00 a.m. just west of the Beaufort Drawbridge, on the Morehead-Beaufort Causeway. The race will finish in front of the Bella Pizza & Subs on the Atlantic Beach Causeway. **Race BibTag timing chips will be used to time the race.** Race bib numbers must be worn on the racer's front and in an easily readable position. No runner will be allowed through the race finish chute if their number is not visible. **This is a running event; walkers are not allowed for this event.**

#### Race Course:

The course is flat, with the exception of the bridges, and well marked. It follows Highway 70 West from the Beaufort Drawbridge, over the Newport River High-rise Bridge into Morehead City, through Morehead City to the Atlantic Beach High-rise Bridge, ending in front of the **Bella Pizza & Subs** on the Atlantic Beach Causeway.

#### Age Groups:

13 and under	40-49
14-19	50-59
20-29	60-69
30-39	70 and above



#### Awards:

The Morehead City Parks and Recreation Department will present the 8K Run awards. Trophies will go to top male and female runners. Medals will be awarded to the top three places in each age group.

**Entry Fee: \$20.00 (Early Fee prior to 9/21/16)**

**\$30.00 (Late Fee after 9/21/16)**

#### Registration:

To register with cash or check payments, please submit registration at the Morehead City Parks and Recreation Department office located at 1600 Fisher Street in Morehead City or mail to: **MCPRD, 706 Arendell Street, Morehead City, NC 28557**. Race entry fees may be made payable to **MCPRD**.

To register online, go to <http://moreheadcity.recdesk.com/recdeskportal/Home/tabid/1429/Default.aspx> for payment by credit card.

For more information, contact the Morehead City Parks & Recreation Department at 252-726-5083.



Bella Pizza & Subs  
 Atlantic Beach  
 High Rise Bridge

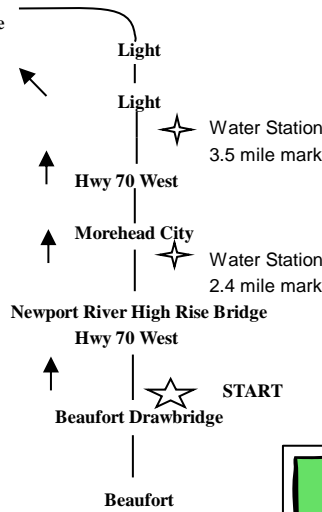
# Twin Bridges 8K Road Race Course



MOREHEAD CITY  
 PARKS & RECREATION

252-726-5083

www.moreheadcitync.org



**Mail race registration to:**

Morehead City Parks & Recreation Department  
 706 Arendell Street  
 Morehead City, NC 28557

On Friday, September 30, pre-registered runners may pick up their packets from 12:00 p.m. to 6:00 p.m. at the Morehead City Parks and Recreation Department office located at 1600 Fisher Street. Runners may also register and pick up their packets on Friday.

Race day registration and pre-registration packet pick-up will be from 6:00 a.m. until 7:00 a.m. in the Atlantic Beach Causeway Shopping Center parking lot. Race packets will include a race BibTag timing chip and a T-shirt (for the first 250 entrants). No refunds will be given. T-shirts will not be mailed and must be picked up by the end of the race. Parking will be available in the Atlantic Beach Causeway Shopping Center. Bus transportation will be provided to the starting line. Please arrive early and allow time for shuttle transport. **The last shuttle will leave at 7:30 a.m. for race starting line.**

**Entry Form**

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_  
 (Last) (First)  
 Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 T-Shirt Size (circle)    S    M    L    XL    XXL    Email: \_\_\_\_\_

**Entry Release and Indemnity Agreement**

In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs and personal representatives against and indemnify against and will save harmless from all claims, demands, and actions against the North Carolina Seafood Festival, Inc., its Board of Directors, Employees, Sponsors and Volunteers; the Towns of Atlantic Beach, Beaufort and Morehead City and all of their elected and appointed officials, and employees, including the Morehead City Parks and Recreation Department; the Gramercy Christian School; Run the East, LLC; and St. Egbert's Track Club for any injury or illness that may directly or indirectly result from my participation in the Twin Bridges 8K Road Race. I further state that I am in proper physical condition to participate in this event, and agree that none of the above parties is under any obligation to provide a physical examination or other evidence of my fitness to participate in the race, with this being my sole responsibility. I also give permission for the free use of my name and picture to any broadcast, telecast or written account of the event. I have read and understand this Release and Indemnity Agreement, and acknowledge that I have had time and opportunity to do so and to consult with anyone of my choice.

\_\_\_\_\_  
 Runner's Signature

\_\_\_\_\_  
 Parent's Signature (if runner is under 18)

