

Twin Bridges 8K Run

Saturday, October 1, 2011

8:00 a.m.

Start & Finish:

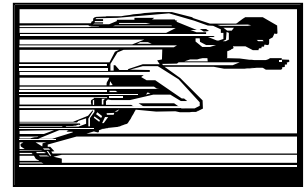
The Twin Bridges 8K Run will begin at 8:00 a.m. in front of the Beaufort Drawbridge, Morehead-Beaufort Causeway. The race will finish in front of the **Bella Pizza & Subs** on the Atlantic Beach Causeway. Race bib numbers must be worn on the racer's front and in an easily readable position. No runner will be allowed through the race finish chute if their number is not visible.

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 Beaufort 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: \$15.00 \$20.00 (after September 23, 2011)

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

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

Bank of America

CAROLINAS CENTER
for SURGERY
Orthopedics & Sports Medicine

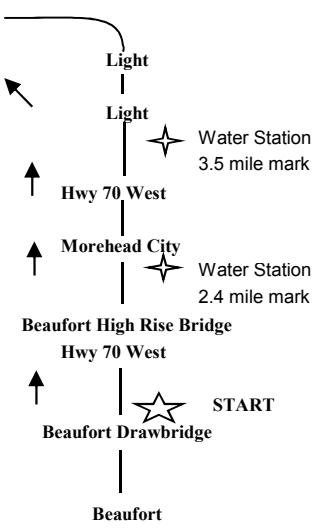


Bella Pizza & Subs
 ☆ Atlantic Beach
 FINISH ← High Rise Bridge

Twin Bridges 8K Road Race Course

**MOREHEAD CITY
 PARKS & RECREATION**

252-726-5083



Race Registration:

Race registration may be submitted at the Morehead City Parks and Recreation Department office located at 1600 Fisher Street in Morehead City. Race entry fees may be made payable to **MCPRD**.

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 8:00 a.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 7:15 a.m. in the Atlantic Beach Causeway Shopping Center parking lot. Race packets will include a race bib number 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 starting line race shuttle will leave at 7:30 a.m.**

Entry Form

Name: _____ Age: _____ Sex: _____
 (Last) (First)

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

T-Shirt Size (circle) S M L XL XXL email: _____

Entry Release

In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against the North Carolina Seafood Festival, its Board of Directors, Employees, Sponsors and Volunteers; the Towns of Atlantic Beach, Beaufort and Morehead City and all of their employees, including the Morehead City Parks and Recreation Department; Gramercy Christian School 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.

 Runner's Signature

 Parent's Signature (if runner is under 18)