









37TH ANNUAL RUN



Road Runners Club of America North Carolina 10k Championship

Bakersville, NC June 21, 2014

Sponsor:



Co-Sponsors:











RHODODENDRON 10K

Date: Saturday, June 21, 2014

Time: 10K Starts at 8:30 A.M. 1 mile starts at 8:00 A.M.

Due to course limitations, walkers in 1 mile only.

Location: Gouge School, Bakersville, NC

Entry Fee / T-Shirts:

10K

\$15.00 pre-registration postmarked by June 7th. \$25.00 Race-day registration 7:00 A.M. until 8:00 A.M. Online Entry: www.werunevents.com

SFTC K&Q Event \$1.00 Discount to SFTC Members Chip Timing: Electronic timing provided by



Dry blend performance shirts to all pre-registered.
Race Day while supplies last

MILE

\$10.00 pre-registration postmarked by June 7th. \$15.00 Race-day registration 7:00 A.M. until 8:00 A.M. NO REFUNDS

Make checks payable to: Rhododendron Run

Mail to: Rhododendron Run 3803 Fork Mtn. Rd. Bakersville, NC 28705

Limitations: Unregistered runners, unauthorized vehicles, roller blades, baby joggers/strollers, wearing headphones, running with dogs are strictly prohibited on the course in order to insure runner safety and to comply with liability insurance requirements.

Information: Mitchell Co. Chamber of Commerce (828) 765-9483

Course: USA T&F Certified 10 kilometer, out and back loop course. Moderately fast.

Splits & Aid Stations: Splits will be called at 1, 2, 3, 4, 5, and 6 miles. Aid stations will be positioned near the 1,2, 3, 4, and 5 miles.

Facilities: Restrooms available before and after the race. No showers available.

CASH PRIZES & AWARDS

Open Male/Female

1st - \$200.00 2nd - \$150.00

3rd - \$100.00

4th - \$50.00

2nd - \$50.00

Overall winners not eligible for age-group awards

10K RECORDS

Male - Thomas O'Gara 29:21 (1995) Female - Monica O'Reilly 34:34 (1989)

<u>Masters</u>

Male - David Greer 32:51 (1995) Female - Catherine Lempesis 38:23 (1992)

Grandmasters

Male - Terry Vannatta 35:57 (1996) Female - Susie Kluttz 44:02 (1992)

Age Divisions:

10K top 3 M & F, 19 and under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69;

70 and over 1 Mile:

1st overall M/F; 1st M/F 12-under, ribbons to all finishers.

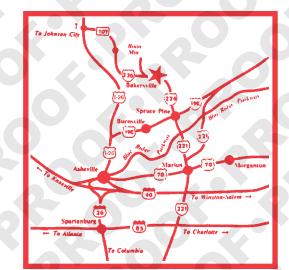
Results: www.werunevents.com

FREE POST RACE PANCAKE BREAKFAST For all participants

REFRESHMENTS PROVIDED BY:







DIRECTIONS

From Johnson City, TN Take I-26 East. Take exit 32 onto Unicoi Road, turn right. Go 3/4 mile to Rt. 107/226 to Bakersville. Approximately 55 minutes.

From Marion, NC Take Highway 226 N. to Spruce Pine. Left at the first light, then turn right at second light to Bakersville. Approximately 45 minutes from Marion, NC.

From Asheville, NC Take I-26 West. Take exit 9 onto 19E to Burnsville, NC. Left on Highway 197 to Bakersville. Approximately 65 minutes.

Official Lodging:



-828-765-6276 Mention Rhododendron Run

RHODODENDRON 10K ENTRY FORM

Citizenship: Sex	Zip Code:		1 mile or	
AS OF 6-21-2014	State:		Race - Check only one:	Best 10K in Past Year
Age: Date of Birth:	City:			Be
		Number and Street or P.O. Box	T-Shirt Size: S M L XL	
	ess:	Z	e:	ing Club:

Guardian if

of Parent or

CASE OF EMERGENCY CONTACT

Masters Male/Female 1st - \$100.00

Grandmasters Male/Female 1st - \$50.00