



Visit our Stick Boy Mayview Madness Facebook page: Stick Boy Bread Company Mayview Madness 5K Run/Walk and Fun Run, register on-line at <https://register.chronotrack.com/r/22542> or return this form to Blue Ridge Conservancy, P.O. Box 568 , Boone, NC 28607.

Stick Boy Mayview Madness 5K Run/Walk & Blue Ridge Pediatric and Adolescent Medicine 1 Mile Kids Fun Run  
September 3, 2016 - Blowing Rock, NC

Event begins at 8 am  
(1 Mile Kids Fun Run at 8 am 5K Run/Walk at 8:30 am)

One registration form per participant.

Please complete and return the registration form with your check or money order payable to:

Blue Ridge Conservancy  
PO Box 568  
Boone, NC 28607

Please check your event below:

- 5K Run/Walk
- 1 Mile Kids Fun Run

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

Age: \_\_\_\_\_ Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_

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

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Please circle one: Youth Male Female

Please circle one: T-shirt Size\*

S M L XL

\*Youth T-shirts are specific to 1-Mile Fun Run.

Please check one age category below\*:

- 13 & under     14-18     19-29
- 30-39     40-49     50-59
- 60-69     70+

\*Prizes will be awarded to the top three open, masters, and age group winners.

\*Race t-shirts will be guaranteed only for runners registered by August 8, 2016. Additional race t-shirts will be available on the race day while supplies last.

5K Early Registration Fee received by August 31, 2016

\$25.00 per runner

5K Day-of Registration Fee

\$30.00 per runner

1 Mile Kids Fun Run Early Registration Fee

Received by August 31, 2016

\$15.00 per runner

1 Mile Kids Fun Run Day-of Registration Fee

\$20.00 per runner



Race day registration:

Registration is from 7:00 am to 7:55 am on Sept. 3rd at the American Legion Building, 333 Wallingford St. in downtown Blowing Rock. Race ends at Bistro Roca Restaurant.

Please read and sign below:

Waiver: Please Read Carefully. In consideration of acceptance of this entry, I hereby assume all risks of participating in the 2016 Stick Boy Mayview Madness 5K Run/Walk and Fun Run and release and forever discharge and hold harmless any and all race sponsors, race organizers, and committees, the Town of Blowing Rock and the Charitable Donee for the event, their employees, agents, or representatives from any and all actions, cause of action, claims, losses and liabilities arising out of injury to or damage sustained by myself. I attest and verify that I am physically fit and sufficiently trained to compete in this event and in the event of injury to me, I hereby consent and authorize the administration of all medical treatment and tests that may be considered advisable and necessary in the judgment of any qualified medical personnel. I agree that I am responsible for all medical costs incurred related to participation in this event and confirm that I provide complete medical insurance for any medical expenses, which may be incurred. I authorize the race organizers or the Charitable Donee to publish, copyright and lawfully use any photographs or film footage taken or any statements or testimonials made by me as a participant of the 2016 Stick Boy Mayview Madness 5K and Fun Run. In case of a minor participation, I, the parent or guardian, hereby authorize my child to participate in this event and agree to all terms stated herein.

Emergency Contact Information:

In case of emergency please contact:

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

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

Please print name(s) and sign below:

Participant signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or legal guardian of minor (print) \_\_\_\_\_

Signature of legal guardian of minor \_\_\_\_\_ Date \_\_\_\_\_

## Please Note:

The 2016 Stick Boy Mayview Madness race day registration will begin at 7:00 am at the American Legion Building, 333 Wallingford Street, in Blowing Rock. The finish line for the 5K Run/Walk and 5K Fun Run is at Bistro Roca, 143 Wonderland Trail, Blowing Rock.

### Advance Packet Pick Up

Pre-register and pick up your race packet at Stick Boy Bread Company, 345 Hardin St., Boone, NC from 7am-6:30pm on Thursday, September 1st or Friday, September 2nd.

### Parking

Easy parking! Use the two-level parking deck on Wallingford St. behind the town park immediately next to the American Legion building.

**Free 3 Week Training Program**  
Thanks to ZAP Fitness, everyone who signs up can learn from some of America's top runners at a series of five FREE training sessions at Bass Lake on Wednesday nights from August 17th until race day. Each clinic begins at 5:30 with coaching sessions followed by a training run. ZAP Fitness coaches will cover a different topic each week to help you get ready for the race. ZAP will also offer training sessions designed for kids during each clinic.

Go to [blueridgeconservancy.org](http://blueridgeconservancy.org) for more information, directions and maps.



Blue Ridge Pediatric and Adolescent Medicine



September 3rd, 2016  
Blowing Rock, NC

17th Annual  
Stick Boy Mayview Madness 5K  
Run/Walk  
and  
Blue Ridge Pediatric One Mile  
Kids Fun Run

Proceeds to Benefit:



BLUE RIDGE  
CONSERVANCY  
SAVING THE PLACES YOU LOVE