

**Event Schedule:**

- Online Registration will end at 5pm on Wednesday, May 14th.
- Packet Pickup will be at Omega Sports in Thruway Shopping Center May 16th from 5pm-8-pm
- Registration will be available at Omega Sports (Cash or Check Only)
- On-site Registration will be available at the Winston-Salem Fairgrounds: 7:00am – 8:00am (Cash or check only)
- Prices increase to \$35 for 5K and \$20 for Fun Run for registration at Packet Pickup or On-site at the Winston-Salem Fairgrounds.

**Schedule for Race Day:**

**Saturday, May 17th:**

**7:00am-8:00am: On-site registration**

**8:30am: One Mile Fun Run or Walk**

**9:00am: 5K Run or Walk**

**\*The course will close at 10:15am**

**10:00am: Diabetes Awareness Presentation**

**10:15am: 5K Awards Ceremony**

**10:30am-11:30am: Culinary Arts**

**Presentation by Food Network celebrity chef, Curtis Aikens of *Calling All Chefs & Pick of the Day***

This event is brought to you by the following groups:



# THE ARTS MOVE MY SOLE REGISTRATION FORM

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Gender: Male / Female

Date of Birth: MM/DD/YYYY \_\_\_\_\_ Age on race day: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone: \_\_\_\_\_

Shirt Size: (CIRCLE ONE) Adult: S M L XL Child: S M L XL

## The Arts Move My Sole 5K Run/ Walk

Adult: \_\_\_\_\_ \$25 (before May 3) \_\_\_\_\_ \$30 (May 4 — May 10)

Child Under 12 with t-shirt: \_\_\_\_\_ \$15 Child Under 12 without t-shirt: \_\_\_\_\_ \$5

## One Mile Fun Run/ Walk

Adult: \_\_\_\_\_ \$20

Child Under 12 with t-shirt: \_\_\_\_\_ \$15 Child Under 12 without t-shirt: \_\_\_\_\_ \$5

## City/ County Employee 5K Run/ Walk (City/County ID will be checked at Check-in)

Adult: \_\_\_\_\_ \$20

PAYMENT: Mail –in payments must be postmarked by May 10th. Secure online payment with debit/credit card: <http://www.intothearts.org>

Please indicate payment method \_\_\_Cash \_\_\_Check payable and sent to:

The Arts Council WSFC, 206 North Spruce Street, Suite 3, Winston-Salem, NC 27101

**The Arts Move My Sole** is a 5K and Fun Run where participants will experience the arts as they run/walk through a certified 5K course. Runners will be entertained by musical performances at each kilometer of the certified route, greeted by visual artists at the finish line, and treated to a special culinary arts experience after the awards ceremony. The awards are beautiful and unique hand-crafted plates of pottery, created especially for the event.

The event is presented by the City of Winston-Salem and the County of Forsyth as a fundraising effort for The Arts Council of Winston-Salem and Forsyth County.

## Waiver of Liability:

I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this race, including, but not limited to, falls, contact with other participants, the effects of weather including high heat and humidity, track, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone to act on behalf, waive and release The City of Winston-Salem, NC, The County of Forsyth, The Arts Council of Winston-Salem and Forsyth County, Twin City Track Club, the race organizers, all other sponsors and all the agents, employees, officers, directors and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this race.

I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. NO REFUNDS.

Signature: \_\_\_\_\_