

SIGN IN

Race packets will NOT be mailed. Packets will be picked up on Race Day. Race day registration and packet pick-up will begin at 7:00 on race day at Memorial Park under the picnic shelter on the corner of Church and Armfield Streets in downtown Asheboro.

START

The 5K begins promptly at 8:00 am. The Fun Mile will begin at 8:45. Rain or Shine.

COURSE

The Fun Mile is a loop in the streets around Memorial Park where you can walk or run at your own pace.

The 5K course is a USATF certified (NC04019-PH) loop around downtown Asheboro. The Start and Finish are at Memorial Park. A water station will be located at 1.5 miles and at the Start/Finish.

Previous 5K COURSE RECORDS

Male –Robert Marchinko 15:28 – 2006
Female - Amy Cernava 19:31 - 2010
Masters – Dwight Jacobs 16:50 – 2004
Masters - Amy Cernava 19:31 - 2010

REFRESHMENTS

Fresh fruit, snacks, and water will be available at the picnic shelter. Restroom facilities will be available.

NORTH CAROLINA PROSTATE CANCER SOCIETY

One in seven American men will be diagnosed with prostate cancer in their lifetime, and **one in thirty-eight** will die from Prostate Cancer.

Because of these staggering statistics, the Stomp Out Prostate Cancer 5k Run / Fun Mile was organized by the North Carolina Prostate Cancer Society (NCPCS) to support NCPCS' mission to heighten awareness, promote detection, and provide support to the population in general and especially to those who are or have been affected by prostate cancer.

AWARDS

Trophies will be awarded to the top three finishers and awards will be awarded to the top three in each division in the 5K. No double awards. T-Shirts will be guaranteed to all pre-registered paid participants in the 5K Run and Fun mile. Ribbons will be available to all Children who finish the fun mile.

DIVISIONS FOR 5K

Male / Female 14 & under, 15-19, 20 -29, 30-39, 40-49, 50-59, 60-69, 70 & over.

RACE DATE / FEES

Race Date: September 24, 2016

5 K Early Registration

Before Sept 1 \$20.00

Sept 1 – Sept 20 \$25.00

Sept 20-22 \$25.00 (online only)

Do not Mail registrations after Sept 19

Online registration ends 9/22/16

\$30.00 Day of Race.

Fun Mile \$10.00 - adults / children free

Paid Fun Mile registrations can be registered online.

Make checks payable to /mail to

NCPCS 5K

7376 Ruby Stone Ct.

Leland, NC 28451

If you have questions please call us at 910-536-9934

Email: info@ncpcs.org

Visit our website at www.ncpcs.org

We encourage online registration

A schedule of entertainment activities may include select groups and music to expand on and illustrate our theme "Stomp Out Prostate Cancer."