



Asheville Track Club presents
**NC Arboretum
 Spring Fling**

"Most beautiful 10k in the Southeast"

Asheville, North Carolina
 Saturday, April 9, 2005
 9 a.m.

**10k Howling on the Owl
 5k Bent Creek Classic
 1 mile Garden Fun Run**

What

Bring in spring with a user appreciation fund-raiser and membership drive to benefit The North Carolina Arboretum Society and the Asheville Track Club.

Location

NC Arboretum Visitor Education Center, located south of Asheville on the Blue Ridge Parkway at Milepost 393; or take I-26, Exit 33 and proceed 2 miles south on Hwy 191/Brevard Rd. to Arboretum entrance.

**Events
 Schedule**

- April 9 Schedule:
- 7:30-8:30 a.m. – late registration
 - 9 a.m. – start of 10k and 5k
 - 9:45 a.m. – start of 1-mile fun run
 - 10 a.m. – door prize drawings
 - 10:15 a.m. – awards ceremony

**Early
 registration**

Early registration by April 1, 2005, can be made by mail to TNCA Society, 100 Frederick Law Olmsted Way, Asheville, NC 28806, (828) 665-2492; in person at Jus' Running, 523 Merrimon Ave. (828-252-7867); or online at www.active.com.

**X-country
 teams**

Middle school, high school and college cross country teams may register for \$10 per runner if five or more runners from a single school participates. Entries for each school must be received prior to April 1 in a single envelope.

**Packet pickup/
 Prerace dinner**

Late registration and packet pick-up on Friday, April 8, from 5:30-8 p.m. and on Saturday, April 9, starting at 7:30 a.m. at the Arboretum Visitors Center. A prerace pasta dinner will be served during packet pickup on April 8 from 5:30-8 p.m. Dinner tickets are \$8.50 for adults and \$5 for children 12 and younger. Tickets must be purchased by April 1.

**Awards and
 Presentations**

Prizes will be awarded for top finishers. You need not be present for your award, however, all prizes must be picked up at the Arboretum by 5 p.m. on April 15. No prizes will be delivered or mailed. Prizes not collected by the deadline will be forfeited. No double dipping! For 10k and 5k: Top three overall, top three masters and top three in age groups. Howling on the Owl 10k age groups: 18-under, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-65, 65-over. Bent Creek Classic 5k age groups: 12-under, 13-15, 16-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-65, 65-over. Everyone completing the Garden Trail one-mile fun run will receive a finishers ribbon.

Parking/traffic

There will be no parking fee assessed to Spring Fling participants and volunteers from 7-8:45 a.m. The main entrance gate on Frederick Law Olmsted Way will be closed from 8:45-10 a.m. for the events.

Pets/bicycles

The course to be closed to pets and bicycles on race day until 11 a.m. We are sorry for the inconvenience.

Proceeds

All proceeds from this race will go to The NC Arboretum Society and the Asheville Track Club, both nonprofit 501(c)(3) organizations. The NC Arboretum Society supports the Arboretum's efforts in education, conservation, research, garden demonstration and economic development. The Asheville Track Club's mission is to promote running and fitness through education, training, races and social events.

Memberships

Register by April 1 or volunteer for Spring Fling and receive a 20 percent discount toward an individual membership with The North Carolina Arboretum Society (\$28 by April 1; \$35 after April 1). Society members park free, receive discounts on education programs and more. Annual membership to the Asheville Track Club is \$5 for students, \$15 for individuals and \$20 for families.

Courses

All events start and finish at The North Carolina Arboretum Visitor Education Center. One mile of the 10k and 5k are on asphalt with the rest on former Forest Service dirt roads and trails. The 1-mile Fun Run/Walk uses the Natural Garden Loop Trail as its course.

Note: The 5K and 10K runners travel in opposite directions, so when you meet oncoming runners, give them an encouraging cheer and **PLEASE KEEP TO YOUR RIGHT** to avoid collision. Course maps are available at www.ashevilletrackclub.org and at the Arboretum on the day of the race.

Goodie bags

Instead of T-shirts, the first 400 registered runners will receive technical acrylic wicking running socks, specially designed for the NC Arboretum, Asheville Track Club and the 2005 Spring Fling.

Contacts

Questions can be directed to Scott Bowers at professionalslug@charter.net or (828) 299-9202.



2005 NC Arboretum Spring Fling Entry Form

Registration with Visa® or MasterCard® available online at www.active.com



PLEASE ENTER ME IN (All entry fees are non-refundable):

_____ Howling on the Owl 10k: \$15/person (\$20/person after 4/1/05)
 _____ Bent Creek Classic 5K: \$15/person (\$20/person after 4/1/05) _____ Garden Trail Fun Run: \$10/person (\$15/person after 4/1/05)

All Asheville Track Club members may deduct \$2 off entry fees.

Entry fee: _____
 X-country discount fee: _____
 NC Arboretum membership: _____
 Asheville Track Club membership: _____
 _____ Adult dinner tickets: _____
 _____ 12 and younger dinner tickets: _____
 Total fees: _____

I have enclosed \$_____ Please make check or money order payable to **TNCA Society**, and mail to:
NC Arboretum Spring Fling 2005, 100 Frederick Law Olmsted Way, Asheville, NC 28806

PLEASE PRINT ALL INFORMATION CLEARLY

Last Name: _____ First Name: _____
 Address: _____
 City/State/ZIP: _____
 Phone: _____ E-Mail: _____
 Gender: M F Birth Date: _____ Age on 04/09/05: _____
 Shoe Size: M6-9.5 W5-8.5 M10-13 W9-12

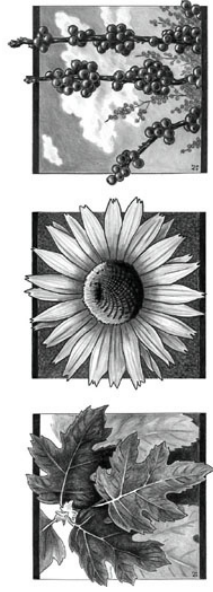
Liability / Publicity Waiver and Release

Upon acceptance of my entry, I for myself, my heirs, executors and assigns, do hereby release the sponsors, officials and volunteers of the 2005 NC Arboretum Spring Fling races as well as the North Carolina Arboretum, the Asheville Track Club and their parent and affiliated companies, and their respective directors, officers, employees, representatives, partners and agents, from any liability whatsoever for any claims, costs, injuries, losses, death, or damages, as a result of my participation in this event and/or my acceptance, possession or use of any prize (including, without limitation, claims, costs, injuries, losses or damages related to personal injuries, death, damage to, loss or destruction of property, rights of publicity or privacy, defamation or portrayal in a false light.) I further attest that I am physically able and sufficiently trained for this event and am aware that my participation in this event may result in physical injury. Should officials determine that completion of the event would be injurious to my health, I consent to be removed from the event and treated by designated medical personnel. Except where prohibited, participation in this event constitutes entrant's consent to the publication of his or her name and image in any media for any commercial or promotional purpose, without limitation or further compensation. I agree to accept all decisions of the judges and officials as final. I understand that animals are not permitted on the course during the race at any time and that **the following are banned from use by competitors during the race: wheeled conveyance including but not limited to bicycles, scooters, and baby joggers (wheelchair competitors exempted), and headphones.**

Signature: _____ Date: _____

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www.ashevilletrackclub.org
www.ncarboretum.org

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NC Arboretum Spring Fling
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