



Sticky Bun Run

"The Sweetest Race You'll Ever Run!"

Proceeds Benefit Grace Academy
Sticky Buns Provided by Stick Boy Bread Company

**Saturday, April 12, 2014 – Fun Run starts at 4:30 pm and Sticky Bun Run starts at 5:00 pm
Boone, NC, on the Greenway**

A 4-mile "athletic and culinary extravaganza" - Run 2 miles, eat 4 sticky buns, then run 2 miles to finish!

The Sticky Bun Run is open to all types of participants, from beginners to serious competitors, from walkers to runners, from seniors to young people to students needing sticky buns for breakfast – yum!

Registration Fees: \$20 if registration is postmarked by April 5, \$25 day of the race, \$10 Fun Run
Make Checks Payable to GA Sticky Bun Run

T-shirts: Kid Sizes: Small Med Large **Adult Sizes:** Small Med Large XL XXL

Participant Type: Bunner - Runs all 4 miles, eats all 4 sticky buns, medal contender
 Runner/walker - Runs or walks, gets 4 sticky buns at end, not a medal contender
 Fun Runner - Runs 1 mile, gets 1 sticky bun at end, for kids 12 and under

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ Age: _____ Male Female

Email: _____

Mail Registration Form and Payment to: **Grace Academy, P.O. Box 1212, Boone NC 28607**

Release and waiver (Please Read and sign) I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection might be provided, there could be traffic on the course route; therefore, I assume the risk of running in traffic. I also assume any other risks associated with running this event including, but not limited to, falls, contact with other participants, and the effects of weather and conditions of the course. I understand I am solely responsible for my own safety while traveling to and from or participating in this event. Knowing these facts and in consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might sue on my behalf covenant not to sue, and waive, release, and discharge the sponsors or contributors to this event, any race officials, volunteers, the city and police agencies, their representatives successors or assignees from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participation. The release form and waiver extends to all claims of every kind or nature whatsoever, foreseen and unforeseen, known and unknown. The undersigned further grants full permission to use any photographs, videotapes, motion pictures, recordings, or another record of the event for any purpose. Minors will be accepted with a parent's signature.

Signature _____ Date _____

If under 18, Parent or Guardian must sign.

www.stickybunrun.com

www.graceacademyboone.com P.O. Box 1212, Boone, NC 28607 (828)773-7830

4 Miles 4 Buns 4 Grace Academy

