

# Fall by the Tracks!! 5K

## Presented by The Old Depot

In Support of Heritage Art Programs in the Swannanoa Valley Schools

10:00 AM **Saturday October 1<sup>st</sup>, 2011**

207 Sutton Avenue, Black Mountain, NC 28711

**Packet Pick-up Information:** Early packet pickup will be available September 29<sup>th</sup> -30<sup>th</sup> from 1 pm to 3 pm at the [Black Mountain Running Company](#), 106 West State Street in Black Mountain. (828)669-7186

On race day the packets will be available at the Old Depot Starting at 8:30 am. (828)669-6583

**Course Description:** The 5K will be a flat run that starts at the Old Depot in Downtown Black Mountain. The course will run through the Oaks, around Rec Park then back to the Old Depot.

**Cost:** Adults \$25 Students K-12 \$15

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**Mail Entry Form and make Checks payable to:**

The Old Depot  
Fall By the Tracks 5K  
207 Sutton Avenue,  
Black Mountain, NC 28711

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Phone: \_\_\_\_\_

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

Email Address \_\_\_\_\_ Shirt Size: \_\_\_\_\_

**Waiver:** I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release The Old Depot Association, Town of Black Mountain, The Parks and Recreation Board, and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

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Signature (Parent's Signature If under 18)

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Date

On October 1<sup>st</sup> the old Depot will be hosting the first Annual Fall by the Tracks!! 5K Fun Run. This event will be a new edition to our Annual Fall by the Tracks!! celebration which is held each October.

The Fun Run will be held at the Old Depot in downtown Black Mountain. The course will be a flat run which will start at the Depot and take runners down Vance Avenue and across parts of the Black Mountain greenway. The Oaks Trail will take the runners to Recreation Park where they will run around the sports fields. Once finished with Recreation Park they will run back down the Oaks Trail to Vance Avenue then back to the Old Depot.

This event will help the Old Depot Association support art programs at local schools. The Depot feels that heritage arts are an important part of our history and should be passed down to future generations.

The Fall by the Tracks!! 5K Fun Run is brought to you by these local sponsors:



Business to Business



Black Mountain Pottery



The Griffin Family

The Applewhite Family