



# RUN FOR MUMS



## 2015 Mumfest 5K & 1 Mile Walk/Run

On Sunday, October 11th CWS and New Bern Parks & Recreation are teaming up to hold its annual 5K & 1 mile run/walk. Proceeds will support domestic violence services in Craven, Jones, and Pamlico Counties. The race will begin and end at Union Park and goes through New Bern's historic downtown district. Registration and packet pick-up will begin at 6:00 am. The race begins at 7:30 AM. T-shirts will be handed out the day of the race. Awards will be given (5K only) to the overall male and female winners, as well as to the 1st, 2nd, and 3rd place males and females in each age group. For more information call 638-4509 or visit [www.coastalwomensshelter.org](http://www.coastalwomensshelter.org). You may also contact Trevor Freitas with New Bern Parks & Recreation at 639-2907 or [freitast@newbern-nc.org](mailto:freitast@newbern-nc.org). Online registration can be done via [active.com](http://active.com)

**Registration, via in-person, via mail or online, prices are as follows:**

Advanced registration up until September 11: \$20 - 1 mile walk/run or \$25 - 5K  
 Advanced registration after September 12 until day of race: \$25 - 1 mile walk/run or \$30 - 5K

**Age groups:**

14 and under	30-39	60-69
15-19	40-49	70-79
20-29	50-59	80 and above

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Detach Before Mailing

### COASTAL WOMEN'S SHELTER 5K RUN/WALK REGISTRATION FORM

Please complete the form below and enclose a check payable to Coastal Women's Shelter.  
 Mail entries (postmarked no later than October 4, 2015) to:

**Coastal Women's Shelter 5K Run**  
**PO Box 13081**  
**New Bern, NC 28561**

Name: \_\_\_\_\_  
Last name First name

Mailing Address: \_\_\_\_\_  
Street City State Zip

Email: \_\_\_\_\_ Sex: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Phone: \_\_\_\_\_ **Amount Enclosed:** \_\_\_\_\_

**Race Selection (circle one):**      **1 Mile**      **5K**  
**T-Shirt Size (circle one):**      **SMALL**      **MEDIUM**      **LARGE**      **X-LARGE**

I know that participating in this run/walk is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I, the understand, hereby remise, and forever discharge City of New Bern and Coastal Women's Shelter, their representatives, sponsors and/or employees by reason of any damages or injuries which may be incurred by myself or my dependents while participating in this run or in any activities sponsored by this run.

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

(Parent or guardian must sign if applicant is under 18 years of age)