

We sincerely thank the following sponsors for their support of Run the Rail 5K and Hospice & Palliative Care Lincoln County.

Finish Line Sponsors



Healthy@Home

Home Care • Home Infusion • Medical Equipment

Mile Marker Sponsor

*In memory of
Clayton Stevens*

Curbside Sponsors

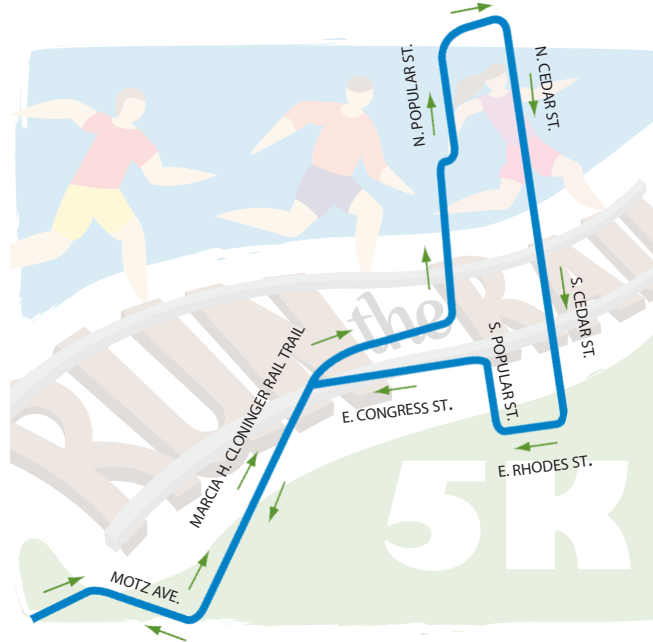
Actavis Mid Atlantic, LLC
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First Federal Savings Bank
Lincoln Nursing Center
Cathey & Jim Wilkinson

In memory of Pauline & Fred Reep

In-kind Sponsors

Cardinal Healthcare & Rehabilitation Center
Carolinas Medical Center-Lincoln
Domino's Pizza
Fatz Cafe
Katie Wood, Inc.
Watson Insurance Agency

Race Map



a benefit for



Saturday, May 1, 2010

- 5K Run
- 5K Memorial Walk
- Kids Fun Run

Start and Finish

Betty G. Ross Park
800 S. Madison Street
Lincolnton, NC



*A regional office of
Hospice & Palliative Care Charlotte Region*

107 North Cedar Street
Lincolnton, NC 28092
704.732.6146
www.hpccr.org
www.donatehospice.org

The mission of Hospice and Palliative Care Charlotte Region is to relieve suffering and improve the quality and dignity of life through compassionate hospice care for those at the end of life, palliative care for those with advanced illness, and through community education.



Services:
Hospice Care
Palliative Medicine Consultants
Pediatric Care – Kids Path®
Grief Care
Inpatient & Residential Hospice Care
Professional & Community Education

Service area:
Cabarrus, Catawba, Cleveland,
Gaston, Iredell, Lincoln, Mecklenburg,
and Union counties.

Regional locations:
Hospice & Palliative Care Charlotte Region
– Uptown and South Charlotte
Hospice & Palliative Care Lake Norman
Hospice & Palliative Care Lincoln County
Levine & Dickson Hospice House

Run the Rail 5K

Your participation in Run the Rail 5K supports the services and programs offered by Hospice & Palliative Care Lincoln County. If you have ever needed hospice care for a loved one or know anyone who has, you understand why our services are so extraordinary. Our goal is to care for those facing serious or terminal illness, helping them make the most of every day.

Your participation and generous support help us provide care for patients without insurance, specialized services for children, grief care for anyone who has experienced loss, and community education initiatives that help individuals in our community reach important end-of-life decisions.

For more information about our services, service area, or regional locations, visit www.hpccr.org.

Start and Finish

Betty G. Ross Park
800 S. Madison Street, Lincolnton

Saturday, May 1, 2010

7:30 - 8:30am	Registration & check-in
9:00am	5 K Run/Baby Jogger
9:05am	5 K Memorial Walk
9:50am	Kids Fun Run
10:00am	Awards Ceremony

Prizes

Prizes will be awarded to the top three male and female finishers of the 5K Run.

Registration Options

In person, by Friday, April 30, at:
Hospice & Palliative Care Lincoln County
107 North Cedar Street
Lincolnton, NC 28092
Monday through Friday, 9am – 5pm
704.732.6146

By mail, postmarked by April 24, to:
Hospice & Palliative Care Lincoln County
Attn: Alesa Larkin
107 North Cedar Street
Lincolnton, NC 28092

On event day, at:
Betty G. Ross Park 7:30 - 8:30am

Registration Fees	By April 30	Day of Run
5K Run	\$15	\$25
5K Memorial Walk	\$15	\$25
Kids Fun Run	Free, or \$10 with tee shirt	

Payment Options:

Cash, checks, and credit cards accepted in person;
checks and credit cards accepted by mail.

Tee Shirts

Tee shirts are guaranteed for those registered by April 24. They will be provided while supplies last for registrations received after that date.

Phantom Runners

Can't run or walk but still want to help? Participate as a "Phantom Runner." Phantom Runners provide all of the love and none of the labor. Simply check the Phantom Runner box on the race entry form, support a great cause, and receive a tee shirt and race number.

Registration Form

Complete a separate registration form for each participant.

Check one:

5K Run 5K Memorial Walk
 Kids Fun Run Phantom Runner

First name _____

Last name _____

Address _____

City, State, ZIP _____

Phone _____

Age _____ DOB ____/____/____ Gender ____M ____F

Email _____

Circle tee shirt size: YL S M L XL XXL

Registration fee (see center brochure panel) \$ _____

Additional donation to

Hospice & Palliative Care

Lincoln County (tax deductible) \$ _____

Total: \$ _____

Payment options:

Check enclosed payable to:
Hospice & Palliative Care Lincoln County

Please charge my (circle):

Visa MasterCard AMEX Discover

Card number _____

Expiration date _____

Signature _____

LIABILITY WAIVER & RELEASE

In consideration of my application being accepted, I accept any risks of participation in the 5K and agree to hold harmless Hospice & Palliative Care Lincoln County, all sponsors, all officers, organizers (including their officers and members) of Run the Rail 5K run walk from any and all blame or liability for any injury, misadventure, harm, loss, inconvenience, or damage suffered or sustained as a result of participation in Run the Rail or activities associated therewith. I give permission for the free use of my name and picture in any written account or broadcast of this event for any legitimate purpose. I understand that if the event is cancelled because of any circumstances beyond the control of the event committee, including but not limited to hazardous weather conditions or government ban, my entry fee will not be returned.

Print Name _____ Date _____

Signature of participant or GUARDIAN (if under 18) _____