



Gateway 5K
 PO Box 859
 Kings Mountain, NC 28086

OUR MISSION

THE KINGS MOUNTAIN GATEWAY TRAIL WILL PROVIDE PEDESTRIAN AND BICYCLE ACCESS FROM DOWNTOWN KINGS MOUNTAIN TO CITY LAKE AND DAVIDSON LAKE, THEN ON TO CROWDERS MOUNTAIN STATE PARK, KINGS MOUNTAIN STATE PARK, AND KINGS MOUNTAIN NATIONAL MILITARY PARK.

OUR MISSION IS TO IMPROVE THE QUALITY OF LIFE AND ECONOMY OF THE CITY OF KINGS MOUNTAIN THROUGH THE COLLABORATIVE EFFORTS OF LOCAL, STATE AND FEDERAL AGENCIES AS WELL AS LOCAL BUSINESS AND INDUSTRY, BY PROVIDING NATURAL RESOURCE BASED RECREATIONAL OPPORTUNITIES.



KINGS MOUNTAIN GATEWAY TRAILS, INC. IS A 501C3 ORGANIZATION, ALL DONATIONS ARE TAX DEDUCTIBLE.

WE APPRECIATE YOUR SUPPORT.

YOUR DONATION WILL HELP PRESERVE A NATURAL RESOURCE FOR FUTURE GENERATIONS.

GATEWAY 5K



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May 1, 2010

Race Info

Date

May 1, 2010 at 8:00 am EST

Location

Kings Mountain Gateway Trail
807 S Battleground Avenue
Lat: 35-13-49 / Long: 81-21-02

Registration

\$20 registration before April 26
\$25 Race Day (shirt may not be available)

Packet Pick-Up

Friday Night 6-9pm at Alliance Bank 209 S Battleground Avenue.
Saturday Morning 7am registration at the Trailhead, 807 S Battleground Avenue.
Registration closes at 7:45am

Shirts

Please register before April 14 and you will be guaranteed a shirt. A limited supply of shirts will be available after that date.

Awards

Trophies will be awarded to the top three male and female overall finishers, and to the top male and female in the Masters Division (40+).
Awards will also be given to the top three finishers in each of the following age divisions: U14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+. Overall winners are not eligible for age group awards.

Medals given to all Fun Run participants.

Course Description

The race will begin on Quarry Road, as the runners spread out, the course then turns into the greenway parking lot and onto the trail, follow the signs through the park. Most of the greenway trails are paved, except for a spiraling gravel trail in the center of the park climbing over 200 feet in elevation.

Restrictions

This is a closed course.

Time Limit

All participants should be able to complete the course by 10:00 am.

First Aid & Water Stations

First aid will be available at the trailhead. Gateway Trail – 807 S Battleground Avenue. Water stations will be located along the course, and at the finish area.

Refunds / Substitutions

A partial refund of 50% (\$10.00) issued upon request on or before Friday-April 23.

Directions / Parking

I-85 (Charlotte) Exit 10 onto US74 West, exit US74 Business (King St), then left on Battleground Av. (1.6m).

I-85 (Spartanburg) Exit 8 onto NC161 North, left on Gold, left on Battleground (0.6m).

US-74 (Asheville) exit US74 Business (Shelby Rd), right on Battleground (1.6m).

Parking available along Quarry Road and across NC 216, volunteers will direct you.

GATEWAY 5K
PO BOX 859
KINGS MOUNTAIN, NC 28086

www.kmgatewaytrails.org
704-739-4755

Registration Form

Event	Fee
<input type="checkbox"/> 5K Run / Walk (Early Registration)	\$ 20.00
<input type="checkbox"/> 5K Walk / Walk (After April 26)	\$ 25.00
<input type="checkbox"/> Kid's Fun Run	\$ 10.00

Make check payable to Kings Mountain Gateway Trails Inc.

T-Shirt Size (Circle One)

YS YM YL S M L XL 2X

Sizes not guaranteed After April 14

M F Age

Name

Address

Email

WAIVER OF LIABILITY: I fully assume and understand the risks of participating in this event, including death or injury due to vehicles, falls, collisions with other participants or sponsors, actions by hostile humans or animals, uneven pavement, obstructions, adverse weather, sudden illness, and all other risks. I attest that I am physically fit to participate. I authorize run officials to provide medical attention at my expense, should I appear in need. For injuries I may sustain, including death, I agree to save and hold harmless the Kings Mountain Gateway Trail, Inc., KMYMCA, City of Kings Mountain, and Cleveland County, volunteers, event staff, suppliers, contractors and anyone else connected with the organization of this event, from any claim or lawsuit that may be brought at any time by me, my family, estate, heirs or assigns, arising from my participation in this event.

WAIVER FOR PUBLICITY: I agree that images taken of me during this event may be used in any legal manner without payment to me. I have read and understand the terms of this document. I make this agreement and pay my entry fee in exchange for the privilege of participating under the conditions of the event.

Signature

Date

Parent or Guardian if under age 18