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**Course
Description:**

Here is your opportunity to get off the roads and run into the woods. Give your legs a break and run on dirt and grass the entire distance.

The 5K race and fun run begin on the football field. The course basically follows the perimeter of the forty-acre campus. Almost half of the course will follow shaded dirt trails through the woods and the rest of the course is run on grass. There are a few short hills on the course as well as a small lake with a trail running parallel to the water. It is truly a classic cross country course which has proved to be very popular to runners of all ages over the past thirty years.



THE 2009
FURY 5K
CROSS-COUNTRY
CHALLENGE

TO BENEFIT LEWISVILLE FIRE DEPARTMENT
AND THE FCDS FURY CLUB

SATURDAY
MAY 30, 2009

RUN ON THE BEAUTIFUL TRAILS ON THE CAMPUS OF
FORSYTH COUNTRY DAY SCHOOL
5501 SHALLOWFORD ROAD
LEWISVILLE, NC



Location:

The campus of Forsyth Country Day School
5501 Shallowford Road
Lewisville, NC

Time:

- **Registration:** 7:45 a.m. - 8:30 a.m. at the Smith Athletic Complex
- **1 Mile Fun Run:** 8:30 a.m.
- **Fury 5K X-C Challenge:** 9:00 a.m.
- **Awards Ceremony:** 30 to 45 minutes after race

Entry Fees:

\$15 for the 5K and \$10 for the One Mile Fun Run

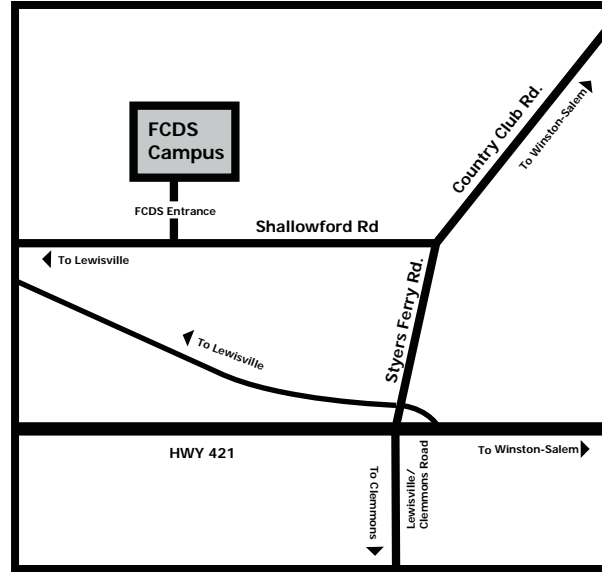
\$20 on race day for 5K and \$15 for the Fun Run

Awards:

Top Three overall male and female and in the following age groups:

14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over.

Ribbons for fun runners.



T-Shirts:

T-Shirts will be given to the first 200 entrants.

Refreshments:

Bagels, fruit and drinks - including coffee, hot chocolate and bottled water.

Twin City Track Club will be in charge of the Start/Finish and results.

For further information, contact:

Andy Clifton - Race Director: 336-945-2134 ext. 525

Dennis Ring - Director of the Fury Club: ext. 459

John Danforth - Alumni Director: ext. 367

Download additional applications at

www.furiesonline.com/Fury5K

Name _____ Age _____ Sex _____ E-mail: _____

Address _____ City _____ State _____ Zip _____

T-Shirt Size Youth S ___ Youth M ___ Youth LG ___ Adult S ___ Adult M ___ Adult LG ___ Adult XL ___
EVENT: 5K ___ Fun Run ___

Waiver: I hereby release and discharge FCDS from any and all claims for damages suffered by me as a result of my participation in or traveling to or from said event to be held May 30, 2009. I further certify that I am in proper physical condition to participate in this event, and that I understand that participating in this event will subject me to potentially dangerous conditions, including heat, humidity, uneven terrain and other runners/walkers who may cause falls and other injuries.

Athlete's Signature _____

Parent's Signature (if athlete is under 18) _____

Please send forms and checks to: FCDS Fury Club
Dennis Ring, Executive Director
Forsyth Country Day School
Box 549
Lewisville, NC 27023

E-mail: AndyClifton@fcds.org or DennisRing@fcds.org

