Title Sponsor

Grace Tisdale & Clifton P.A.

Fury Club Signature Sponsors

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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 soccer 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.

Furies XC 5K Challenge

THE 2014

FURY 5K Cross-Country Challenge

To Benefit the FCDS Fury Club

In Honor Of John Danforth

Saturday April 12, 2014

Run on the beautiful trails on the campus of
Forsyth Country Day School
5501 Shallowford Road
Lewisville, NC

FURIES XL 5K CHALLENGE

BENEFITING THE FCDS FURY CLUB

IN HONOR OF JOHN DANFORTH

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 Nancy K. Rea Soccer Stadium
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:

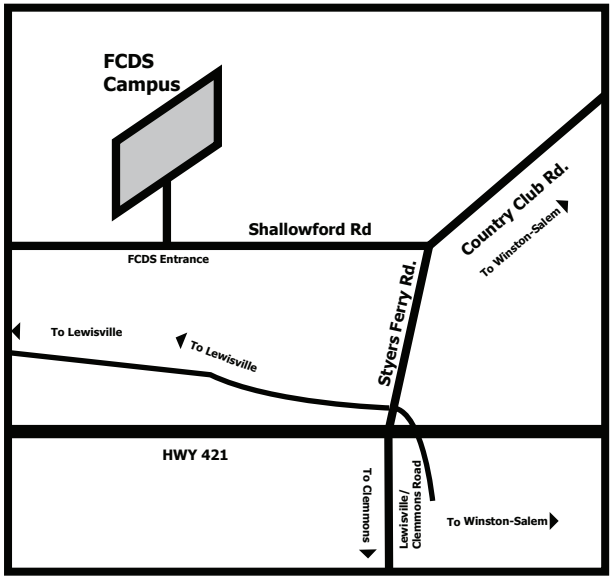
$25 for the 5K and $10 for the One Mile Fun Run
$30 on race day for 5K and $15 for the Fun Run

Awards:

Top three overall male and female and top two in the following age groups:

9 and under, 10-14, 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, and prizes for Danforth Challenge winners.



T-Shirts:

T-Shirts will be given to the first 100 entrants.

Refreshments:

Bagels, fruit, drinks, and bottled water.

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

Register at: www.active.com. Search for Fury 5K.

For further information, contact:

Andy Clifton - Race Director: 336-945-2134 ext. 525
Hill Stockton - Director of the Fury Club: ext. 361
John Danforth - Alumni Director: ext. 367
Download additional applications at www.furiesonline.com/Fury5K

Name_____ Age____ Sex___ Birthdate:_____ E-mail:_____

Address_____ City_____ State____ Zip____ Grade____

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 April 12, 2014. 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**
Hill Stockton, Executive Director
Forsyth Country Day School
Box 549
Lewisville, NC 27023

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

FURIES XL 5K CHALLENGE BENEFITING THE FCDS FURY CLUB