



DISTANCE/COURSE

5K (3.1 Miles)

Course will open at 8:00 AM. Start and finish behind St. Catharine College, Spalding Hall, off 5th Street. The course is mostly flat and takes runners through lovely historic Bardstown. No bicycles allowed on the course. The course will officially close after 60 min.

SHIRTS

FREE T-shirt guaranteed for first 500 entrants. Pre-registered runners may pick up their t-shirts at early packet pick up. Day of race entrants will not be guaranteed a t-shirt. First come, first serve.

REGISTRATION & DONATIONS

- Non-refundable entry fee**
(Postmarked before June 11, 2010).....\$15
- Family of 4 Early Entry fee**.....\$45
- Late & Race Day Entries**.....\$25
- Pancake Breakfast**.....\$5
- DONATIONS**.....\$_____

Early Packet Pick-up: Friday, June 25 from 4PM -6PM EST at the St Catharine College in Spalding Hall, 310 Xavier Dr., Bardstown, KY

Same Day Pick Up and Late Registration: Saturday, June 26 from 7:15 AM and close at 7:55 AM at the St Catharine College in Spalding Hall, 310 Xavier Dr, Bardstown, KY

NELSON COUNTY COMMUNITY CLINIC

NCCC is a non-profit clinic that serves the uninsured and under-insured in Nelson County by providing medical and dental services, laboratory testing, and pharmaceuticals dispensed from the onsite pharmacy all at **no cost** to eligible patients. The clinic is funded through grants, private contributions, and sponsorships of two annual fundraisers.

NCCC is staffed by community volunteers including, physicians, nurse practitioners, pharmacists, dentists, nurses, and allied health professionals. The clinic is guided by a volunteering Board of Directors, including Dr. Mark Abramovich as Medical Director, Dr. Steve Auslander as Dental Director, Julie Potts, RPh as Pharmacy Director, and Bobbi Harned, R.N., B.S.N. as Executive Director.

All proceeds to provide services for patient care at the Nelson County Community Clinic.

AWARDS

Top male and female overall finishers receive a special award.

Awards to top 3 male and female finishers 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 and 60 & over

Award program will begin after results are compiled and will be presented near the finish line.

ADDITIONAL RACE HIGHLIGHTS

- Professionally managed race by River City Races
- Multiple prize drawings while results are being tallied
- Free post race snacks
- \$5 St. Catharine College Pancake Breakfast available to racers. All others: \$6 per breakfast
- Times Given and Mile 1 and Mile 2
- Water Station on route
- Digital Time Clock Display at finish line
- Race results will be posted in *The Kentucky Standard* and on www.rivercityraces.com.
- Free Therapeutic Massages offered post race

SPECIAL THANKS TO THESE SPONSORS

GOLD (\$1,000 – \$1499)

Town & Country Bank

Dr. Thomas & Jerri Passo

SILVER (\$500 – \$999)

Newcomb Oil, Co.

Advanced Laser & Cosmetic Care

BRONZE (\$100 - \$499)

Anytime Fitness

Carey Heating & A/C

Heaven Hill Distilleries, Inc.

Mattingly & Howell Orthodontics, PSC

Physicians to Children & Adolescents

State Representative David Floyd



Special thanks to our

PLATINUM SPONSORS \$2,500



CATHOLIC HEALTH
INITIATIVES®

Saint Joseph Health System

Flaget Memorial Hospital

Managed by: River City Races

Historic Bardstown, KY
June 26, 2010
8 AM (EST)

DIRECTIONS TO RACE

*Spalding Hall, 114 N. 5th Street
Bardstown, KY*

From Louisville

Take I-65 south for approximately 35 miles to Exit 112. Turn left on HWY 245. Follow HWY 245 for 15 miles into Bardstown. Turn right on N. 3rd Street (US 31-E). At round a bout take 1st exit onto W. Stephen Foster Ave (US-31E). At second red light turn right on N. 5th Street. Spalding Hall is on the left; turn left on Xavier Drive. St. Catharine College is in the lower level.

From Lexington

Take the Bluegrass Parkway west for approximately 60 miles to the first Bardstown Exit 25. Take a right off the exit ramp onto HWY150. Follow for approximately 3 miles. At the 6th red light take a right onto N. 5th Street. Spalding Hall is on the left; turn left on Xavier Drive. St. Catharine College is in the lower level.

From Nashville

Follow I-65 North. Take Exit 93 (Bardstown-Lexington exit). Follow the Bluegrass Parkway to Exit 21 Bardstown. Turn left off the exit ramp onto US 31-E. Follow into town for approximately 2 miles. Take a right onto W. Stephen Foster Ave. Turn left on N. 5th Street. Spalding Hall is on the left; turn left on Xavier Drive. St. Catharine College is in the lower level.

Parking

St. Joseph Church Parking Lot next to Spalding Hall

Saturday, June 26, 2010
NCCC Run for the Health of It, 8:00 a.m.
Make checks payable to: Nelson County Community Clinic

Send release, check and entry form to:
River City Races
2115 Boneycastle Ave.
Louisville, KY 40205
502-386-1502
www.rivercityraces.com

Race #

For official use only

Name _____

Address _____ City/State/Zip _____

Phone _____ Email _____

Sex: Male Female Date of Birth ____/____/____ Age: _____

Registration Amount Enclosed: _____ Donation Amount Enclosed _____

If you wish to register online, registration is available at www.rivercityraces.com

Waiver: In consideration of the acceptance of my entry for the Nelson County Community Clinic Run for the Health of It, I for myself, my heirs, executors and administrators, waive and release all claims against River City Races, Nelson County Community Clinic, City of Bardstown, the run directors, volunteers, any and all contractors, promoters and participating sponsors for all claims of damage, injuries, demands and actions in any manner as a result of my participation in the NCCC Run for the Health of It 5K run/walk

Signature _____ Date _____
(Signature of parent if under 18 years of age)

will be used for race updates

Shirt size: Circle One (Adult): S M L XL XXL

(Child): S M L

Run Walk