

# 2026 GLENAIRE 5K AND 1-MILE FUN RUN

Race day 4/11/2026

(Please print legibly, all information required)

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_\_ Zip \_\_\_\_\_

Age of Race Day \_\_\_\_ Date of Birth \_\_\_\_\_ Gender: M F

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

Emergency Contact and Phone Number: Name \_\_\_\_\_ Phone: \_\_\_\_\_

Team Name: \_\_\_\_\_ Discount Code: \_\_\_\_\_

**T-Shirt Size: AXS AS AM AL AXL AXXL**

**Event Entered (circle one): 5K (Official Results) 5K (No Official Results) 1 Mile**

5K Fee \$35 Race Day \$40 \$ \_\_\_\_\_

Mile Fee \$25 Race Day \$30 \$ \_\_\_\_\_

Mile under 12 - \$0 \$ \_\_\_\_\_

\$10 add t-shirt \$ \_\_\_\_\_

Additional Donation or Donation Only \$ \_\_\_\_\_

Total Paid \$ \_\_\_\_\_

Please make check payable to PHI Foundation w/ G5K in the memo line and mail to:  
Glenaire Retirement Community, 4000 Glenaire Circle, Cary, NC 27511 Attn: G5K

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road or trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Glenaire Retirement Community, the Presbyterian Homes Foundation, Inc., the Town of Cary, FS Series, the Race Director, the Race Committee, and all volunteers, all sponsors, their representatives and successors from all claims or liabilities of any kind raising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also agree to be contacted by the organizers or sponsors via e-mails as long as I am afforded the opportunity to opt out of future mailings. I grant permission to all of foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that bicycles, skateboards, roller skates or blades, and radio headsets are not allowed in the race, and I will abide by these guidelines. If, for reasons out of our control (i.e. an ice storm or such), we are unable to hold the event on the scheduled day, the race will be cancelled and not rescheduled. However, we will make all t-shirts available to those that registered. We will make every effort to run the race as long as it is safe to do so.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Parent or Guardian sign if entrants is 17 years of age or younger)