

Cabarrus County Gymnastics is the largest, most successful, and fastest growing gymnastics club in Cabarrus County, NC. Convenient from Concord, Kannapolis, Charlotte, and surrounding areas, this 19,000 square foot fully equipped, air-conditioned facility houses recreational gymnastics for toddlers, beginner boys and girls, dance, cheer, and competitive gymnastics teams in USAG disciplines for Men's, Women's, and Trampoline and Tumbling.

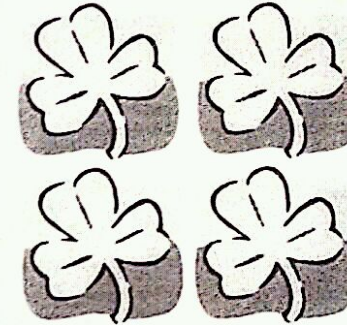
The CCG motto is - To promote healthy, happy, and responsible kids through the sport of gymnastics. For former national and collegiate gymnast and gym owner Mindy Yaeger, this is more than a motto, but a promise. Yaeger earned her Masters Degree in exercise science and has been coaching gymnastics since 1989. Joining CCG in 2001 as program director and head coach, Yaeger became majority owner in 2005 and sole owner in 2010.

CCG truly believes that every child can benefit from involvement in gymnastics and they have a class or team that fits your child. Whether your child is a beginner in a general class, or a youngster who wishes to learn a back handspring, or the energetic child that loves the trampoline, or someone who would like to compete but not at a high pressure level, or maybe that special athlete who has the dedication, skill, and ambition to showcase their gymnastics at the national level, CCG is the place for you.

CCG has instructors who are passionate about their job and are USAG certified in safety, instruction, and skill evaluation. The CCG competitive teams under Yaeger have competed successfully at the local, regional, and national levels and have produced gymnasts that have competed at the US Classic and Challenge and several gymnasts have earned roster spots on collegiate teams.

CCG invites you to stop by today! Take a look around the gym, ask for a tour, and enroll your child into a complimentary trial class or team evaluation.

## **POT O' GOLD 5K & FUN RUN**



**SATURDAY, MARCH 17, 2012**

**FRANK LISKE PARK**

**10:30 AM - FUN RUN**

**10:45 - 5K**

**SPONSORED BY**

**CABARRUS COUNTY  
GYMNASTICS**

**Early Registration through March 9**

5k – Individual \$20.00  
5K – Family \$20.00 for first member  
\$15.00 for each additional family member  
Fun Run- Individual \$10.00

**Late Registration/Race Day after March 9th**

5k – Individual \$25.00  
5K – Family \$25.00 for first member  
\$20.00 for each additional member  
Fun Run – Individual \$15.00

**How To Register**

Register Online: [www.charlottesports.org](http://www.charlottesports.org)  
In Person/By Mail Bring/Mail entry form & fee by 3/15:  
Cabarrus County Gymnastics  
1029 Central Drive NW  
Concord NC 28027  
704.784.3111

Make checks payable to Cabarrus County Gymnastics

T-Shirts to the first 125 paid registrations.  
Goody bags to first 125 paid registrations.

**Race Day Registration and Packet Pickup**

Frank Liske Park – Philip Morris Shelter beginning from 9:00 am – 10:30 am.  
Fun Run begins at 10:30 am; 5k begins at 10:45 am

Course will be within the perimeter of Frank Liske Park.  
Awards ceremony to follow completion of the 5k at the Philip Morris Shelter.

**5k Age Groups/Awards**

9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54,  
55-59, 60-64, 65-69, 70 & over; Awards given to Top Overall Male and  
Female Winners; Top 3 Finishers in each Age Group.

**Fun Run**

All participants will receive a medal. Not a timed event.

**POT O' GOLD RACE REGISTRATION FORM**  
**Please complete a separate entry form for each individual.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Emergency

Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

Please check race entering: \_\_\_\_\_ 5K \_\_\_\_\_ Fun Run

Please check one: \_\_\_\_\_ Male \_\_\_\_\_ Female

My age on race day is: \_\_\_\_\_

My t-shirt size is: (Please Check One)

YM YL AS AM AL AXL AXXL

**Waiver**

This certifies that I am fully aware of the dangers involved in middle distance road running and am in proper physical condition to participate in the race listed above. I waiver for myself, my heirs, my assigns, and all claims against Cabarrus County Gymnastics and any other sponsor, promoter or volunteer for any injury that may result directly or indirectly from my participation. I further state that I would not object should my name or picture be used in connection with any public account of this race.

\_\_\_\_\_  
**Signature (Parent's Signature, If participant is under the age of 18)**

\_\_\_\_\_  
**Date**