

KARNS COMMUNITY FAIR 5K

Saturday July 26, 2008 at 7:30 am Karns High School, Knoxville

Join us at Karns High School to kick off the 2008 Karns Community Fair!

Proceeds from this race will benefit the Karns High School Cross Country team.

Schedule of Events:

6:45- 7:20 am: Registration and packet pick-up

7:30 am: 5K start

8:00 am: 1 mile fun-run/ walk start

9:00 am: awards

10:00 am: fair opens

Course: *FLAT & FAST* course, USATF certified. Runners will begin and end on the track.

Age Divisions: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-70, 71+

Registration: Early Registration (post-marked by July 20, 2008): **\$15**

Day of Race Registration: **\$20**

KTC Members day of race: **\$17**

T-shirts: All pre-registered runners will receive a short-sleeved t-shirt. Day of race registered runners will receive a t-shirt while supplies last.

Parking: Please park in the back parking lot of Karns High School

Course etiquette and safety: Due to insurance regulations, and for the safety and convenience of all runners, *NO PETS, HEADSETS, ROLLER SKATES, BICYCLES OR STROLLERS* are permitted on the course.

Race forms and information: Contact Erin Chady at emstover01@comcast.net or call 865-603-9736.

Prizes: The overall male and female winner will receive a \$75 cash prize, and the overall male and female 2nd place winners will receive a \$40 cash prize. The top 3 finishers in each age group will receive awards. Overall winners are not eligible for age division awards.

Official Karns Community Fair 5k Entry Form

NAME _____ Sex: M _____ F _____

Address _____

Phone _____ Age as of 7/26/08 _____

Emergency contact name & phone _____

Event: 5K _____ 1 mile fun run/ walk _____ t-shirt size: S M L XL XXL

LEGAL DISCLAIMER:

I know that running and volunteering to work in 5k races is potentially dangerous activities. I should not enter and run in the *Karns Community Fair 5K* unless I am medically able and properly trained. I agree to abide by any decision a race official makes relative to my ability to safely complete the run. I assume all risks associated with running and or/ volunteering to work in the aforementioned race, including but not limited to fall, contact with other participants, the effects of weather, including high heat and humidity, ice and snow, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release KARNS HIGH SCHOOL, the KARNS BUSINESS COMMUNITY, the KARNS HIGH SCHOOL CROSS COUNTRY AND TRACK BOOSTER CLUB, TOTAL RACE SOLUTIONS, KNOX COUNTY and THE CITY OF KNOXVILLE and all members thereof, and all future sponsor, their representatives, successors, for all claims or liability of any kind arising out of my participation in the aforementioned event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the foregoing to use any photograph, motion pictures, recordings, or any other record of this event for any legitimate purposes.

Runner's Signature (must include guardian signature if under 18)

Date

Please mail completed entry form along with check or money order to:

"Karns Community Fair 5K" c/o Mrs. Erin Chady 1532 Emoriland Blvd. Knoxville, TN 37917

I am running in support of _____, a member of the KHS Cross Country team!