

2nd Annual
Ribbon Run
April 19, 2008
8:00 a.m.



Presented by

BREAKTHROUGH
CORPORATION
IMPROVING THE LIVES OF ADULTS WITH AUTISM

5k Run and 1 Mile Walk
Race 2 of Spring Fling Series
Adam Downen Race for Responsibility 3/8/08
Run for the Deaf 5/3/08
(865)405-3652
www.breakthroughknoxville.com

Team Competition
Divisions will include Open, Competitive,
Women's, Masters, and Schools. Awards
will go three deep with the top four
members scoring (Women's and Masters
top three members scoring). Team
members will only score for one team.
Go to www.breakthroughknoxville.com
to learn more about team registration.

Athlete's Release

Please sign, date and return with entry fee.

I know that running and volunteering to work in a race are potentially hazardous activities. I should not enter and run or walk in the Breakthrough Ribbon Run 5K unless I am medically able and properly trained. I agree to abide by any decision of a race official 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 falls, contact with other participants, the effects of weather, 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 all 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 Breakthrough Corporation of any and all members thereof, vendors, and all further sponsors, their representative, 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 person name 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 purpose.

Athlete's Signature

Parent's Signature if under 18

Date

Race Information

Race Directors: Judi Brookshire
Susan Lee

Location

Starts and finishes at Regal Cinemas Pinnacle
Stadium 18 at Turkey Creek.

Course Description

Course is certified through USATF # TN 07005DJR and will have chip timing. Relatively flat course runs through quiet neighborhoods behind Turkey Creek Development.

WALKERS WELCOME!

Registration and Fees

Runners may pre-register or sign up the morning of the race from 7:00 until 7:30 a.m. at the Pinnacle Stadium parking lot. Pre-registration fee postmarked by April 5 \$20.00. Late registration including day of race \$25.00. No discount. Donate \$5.00 with the NO SHIRT option.

T-Shirt First Quality 100% cotton. Pre-registered runners receive shirts on race day. Race day registrants, as supplies last.

Awards

Custom designed awards to the top three overall, 1st Masters (40+) 1st Grandmasters (50+), 1st Veterans (60+) male and female. Overall winners are not eligible for age division awards. Other awards three deep in the following age divisions. MALE & FEMALE: 10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+. Special awards to Breakthrough Buddies.

Breakthrough Buddy: Any individual with a disability who would like special recognition may register in this category.

Beneficiary

Proceeds will go to Breakthrough Corporation to improve the lives of adults with autism.

Contact

Race Director, Judi Brookshire at (865) 405-3652 or jubrook@aol.com or info@breakthroughknoxville.com.

Results

Will be posted on the KTC web page: www.ktc.org
and the Total Race Solutions web page:
www.totalracesolutions.com

Course Etiquette Anyone who is abusive to volunteers or displays unsportsmanlike conduct will be disqualified. No roller blades, bicycles, or dogs allowed on the course. Use of earphones is strongly discouraged.

Official 2008 Breakthrough Ribbon 5k Run/Walk Entry Form

Race Number _____ Office Use Only

Name: _____

Sex: (circle one) M F

Birth date: / /

Address: _____

City: _____

State: _____ Zip _____

Phone #: () _____

Email: _____

Age (as of 4/19/08) _____

In case of emergency, notify:

_____ Phone: _____

T-Shirt Size: Youth medium No shirt

Adult sizes S M L XL XXL

5k ___ 1 mile ___ Volunteer ___

Spring Fling Participant: (Y/N) _____

Other races:

Adam Downen Race for Responsibility (3/8/08)
Run for the Deaf (5/3/08)

Breakthrough Buddy _____

To register for all three races on one form, go to
www.breakthroughknoxville.com

Cost for Spring Fling is \$45.

Pre-Registration Fee: \$20.00 _____

Sleeping but supporting: \$25.00 _____

(Shirt will be mailed)

Additional tax-free donation: _____

I am a FundRacer: _____

Total: _____

Team competition:

Open Competitive Women Schools Masters(40+)

Team Name: _____

Team Captain: _____

****Please make checks payable to**

Breakthrough Corporation

Sorry, no refunds. **

Mail completed entry form with fee to:

Breakthrough Corporation

1805 Maryville Pike, Knoxville, TN 37920