



# 2008 SPRING SPRINT

First Leg of Ruby Tuesday Triple Crown of Running  
5K RUN & 1 MILE FUN RUN/WALK



SATURDAY, APRIL 12, 2008

8:30 A.M. - 5K RUN    8:35 A.M. - 1 MILE FUN RUN/WALK

A portion of the proceeds to benefit the  
**Area 15 Special Olympics**

Race sponsored by:



- DATE, TIME, PLACE:** Saturday, April 12, 2008 - 8:30 a.m. - Springbrook Recreation Center, 1537 Dalton Street, Alcoa, TN 37701
- CHECK-IN:** 7:15 - 8:00 a.m. the day of the race
- REGISTRATION & ENTRY FEE:** Individuals may pre-register at the Parks & Rec. office located at 316 S. Everett High Road, Maryville, TN 37804 by 3 p.m. Thursday, April 10 or online at [www.parksrec.com](http://www.parksrec.com). Fee: \$15.00  
Day of race registration held 7:15 - 8:00 a.m. Fee: \$18.00  
Fee includes a T-shirt. **Please add \$1.50 for XXL shirt orders.**
- AGE DIVISIONS:** Male: 11 & under, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over  
Female: 11 & under, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over  
Overall: Male & Female  
Masters: Male & Female (40 & older)
- T-SHIRTS:** All runners will receive an attractive, high-quality T-shirt. Shirts will be available on the day of the race for day-of-race entries as long as supplies last. Those who do not receive a shirt may pick up a shirt at the Parks & Rec. office approximately 2 weeks after the race.
- AWARDS/PRIZES:** An awards ceremony will be held on site immediately following the race at approximately 9:30 a.m. Awards will be given to the top three finishers in each age group. All Fun Run/Walk participants will receive a ribbon. *Race participants will be eligible for nice door prize drawings immediately following the 1 Mile Fun Run/Walk.*
- GENERAL INFORMATION:** No baby strollers, bicycles, roller blades, dogs or use of headsets are allowed to be used by any participant during the race.  
  
Refreshments will be served immediately following the race for all registered participants.  
  
For more information regarding this race or the Triple Crown of Running, please contact the Parks & Rec. office at (865) 983-9244.
- RACE ROUTE:** The 5K course starts and ends at Springbrook Recreation Center. The route goes along Alcoa Road to Mill Street to Faraday, Vose, Wright, E. Edison, Lodge and back to Alcoa Road to the finish line. The course is rolling and winds through a quiet neighborhood.
- DIRECTIONS:** From Knoxville, take 129 South to Wright Road (at Shoneys on left just before airport). Make a left onto Wright Road and go through two traffic lights. Make a right onto Alcoa Road. Springbrook Recreation Center will be on your left.

Detach and return form with check or money order to:  
Parks & Rec. Attn: Spring Sprint, P.O. Box 789, Alcoa, TN 37701-0789  
**or register online @[www.parksrec.com](http://www.parksrec.com) (additional fees involved)**  
Check should be made payable to Parks & Rec.

Race No.   
*For office use only*

## 2008 SPRING SPRINT 5K RUN & 1 MILE FUN RUN/WALK ENTRY FORM

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Sex \_\_\_\_\_  
(please print clearly)

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

I live in:  Blount County  City of Alcoa  City of Maryville  Other

Birthdate:      -      -      Age as of **April 12, 2008** \_\_\_\_\_ 5K \_\_\_\_\_ 1 Mile \_\_\_\_\_  
(month) (day) (year)

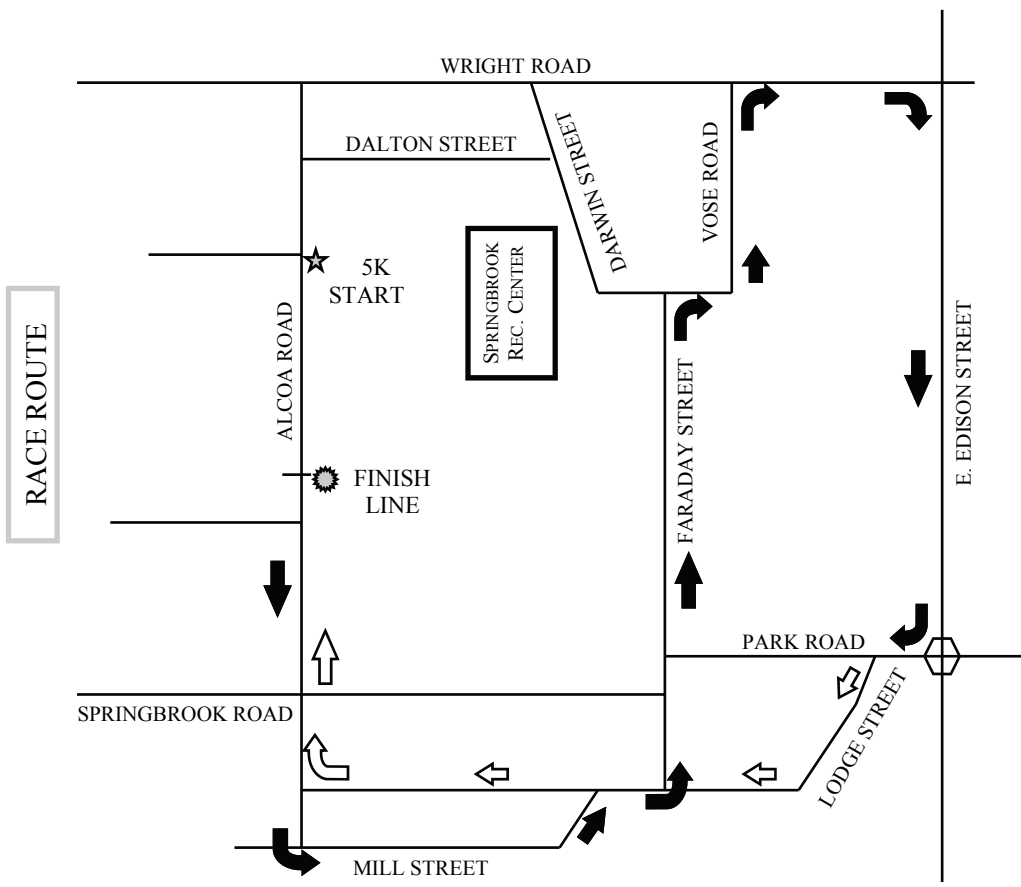
Shirt Size: (Circle one) **YOUTH:** MEDIUM (10-12) **ADULT:** SMALL MEDIUM LARGE X-LARGE XX-LARGE\*  
**(\*Please add \$1.50 to entry fee for XX-Large shirt orders.)**

Would you like to donate \$1.00 to our Scholarship Fund for disadvantaged children?  Yes  No

Emergency contact \_\_\_\_\_ Phone \_\_\_\_\_

**ATHLETE'S RELEASE:** I know that running in road races is a potentially hazardous activity. I should not enter and run in the Spring Sprint road race unless I am medically able and properly trained. I assume all risks associated with running in the Spring Sprint road race, including but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions 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 the Foothills Striders, Parks & Rec., Ruby Tuesday Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the Spring Sprint road race 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 of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(If under 18 years of age, Parent's signature)



RACE ROUTE

Parks & Rec.  
P.O. Box 789  
Alcoa, TN 37701-0789

PRSRT STD  
U. S. Postage Paid  
Alcoa, TN  
Permit No. 47

# SPRING SPRINT

**5K Run/1-Mile Fun Run Walk**  
**April 12, 2008**  
**8:30 a.m.**  
**Alcoa, TN**