



A fund-raising run/walk for the American Cancer Society

DATE/TIME/PLACE: Sunday, August 30, 2009, 2 p.m., Starts and Finishes at Tyson Park.

COURSE DESCRIPTION AND HIGHLIGHTS: Mostly flat course with a moderate downhill in the last mile, running out and back along the Greenway to the Ag Campus and back. USATF certified # TN 05009 DJR.

EXPECTED PARTICIPATION: 400 runners/walkers

REGISTRATION & ENTRY FEE: Pre-registration closes Friday, August 21, 2009. Pre-registration fee is \$18.00. Deduct \$5 for No T-shirt option. Late registration fee is \$20.00 for all participants. Day of race registration between 12:30-1:30 p.m. under the Pavilion at Tyson Park. **Walkers will not be timed.**

SHIRTS: First quality, 100% cotton shirts. Pre-registered runners/walkers receive shirts on race day. Late and/or race day registrants receive shirts as supplies last or at later date.

PACKET PICK-UP: Packets will not be mailed. Pick them at Tyson Park beginning at 12:30 p.m. on race day.

AWARDS: Award ceremony to be held after the event. Awards to the top three overall, top Masters (40+), Grandmasters (50+) and Veterans (60+), male and female. Overall winners not eligible for age division awards. Awards to the top Clydesdale (male 200lbs+) and Athena (female 150lbs+). Awards three deep for age divisions: **MALE/FEMALE:** 14& under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.

RESULTS: Complete results available on KTC's website, www.ktc.org.

COURSE ETIQUETTE: Strollers, roller blades, pets NOT ALLOWED on race course. Use of headsets/earphones is strongly discouraged.

INFORMATION: Michael Holtz, (865)414-3191, michael.holtz@cancer.org

OFFICIAL 2009 HOTTER 'N HELL 5K RUN/WALK ENTRY FORM

Race Number _____
Official Use Only

NAME
Last _____
First _____

5K Run _____ 5K Walk _____

Sex Circle one: male female
Age (as of 8/30/2009) _____

Birthdate: month _____ date _____ year _____

Clydesdale/Athena Weight Division (circle one)
200+ lbs male 150+lbs female

T-shirt size (circle one) S M L XL XXL
No T-shirt _____ (deduct \$5.00 from pre-reg fee)

I'm running/walking in (circle one)

Honor of _____
Memory of _____

Address _____

City _____ State _____ ZIP _____

Phone (____) _____

Email Address _____

In case of emergency call _____

Disclaimer: I know that running and volunteering to work in 5K races are potentially dangerous activities. I should not enter and run in the Hotter 'n Hell 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 falls, contact with other participants, the effects of weather, including high heat and humidity, 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 the American Cancer Society, the sponsors of the Hotter 'n Hell 5K, the Knoxville Track Club, Knox County and the City of Knoxville and all members thereof, and all future sponsors, 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 purpose.

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

Fill out completely and mail with entry fee to:
**Michael Holtz/Hotter 'n Hell 5K, c/o American Cancer Society,
871 N. Weisgarber Road, Knoxville, TN 37909**

Make checks payable to American Cancer Society.