

KARNS COMMUNITY 5K

Saturday July 25, 2009 at 7:30 am Karns High School, Knoxville

Join us at Karns High School to kick off the 2009 Karns Community Fair!

Proceeds from this race will benefit the Karns High School Cross Country and Wrestling teams.

Schedule of Events:

6:30- 7:20 am: Registration and packet pick-up
7:30 am: 5K start
8:00 am: 1 mile fun-run/ walk start
8:30 am: awards
10:00 am: fair opens

Course: flat and fast, USATF certified #TN 07010MS. 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, 65-69, 70+

Registration: Early (post-marked by 7/20/09): **\$15**
Day of Race: **\$20**
KTC Members day of race: **\$17**
No t-shirt: **\$11** early/ **\$15** day of race
Team Competition: Top 5 runners for each team score.

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: Awards will be given to the top 3 male and female finishers overall and to the top 3 finishers in each age group. Overall winners are not eligible for age division awards. Prizes: \$100 1st place/ \$75 2nd/ \$50 3rd. The winning team will receive a \$100 cash prize. 1st/2nd/ 3rd place male and female in each age division will receive awards. Plaques will be awarded to overall male and female winners and masters male and female winners. Several door prizes will be awarded.

Official Karns Community 5k Entry Form

NAME _____ Sex: M _____ F _____

Address _____

Email address _____

Phone _____ Age as of 7/25/09 _____ Team _____

Emergency contact name & phone _____

Event: 5K _____ 1 mile fun run/ walk _____ t-shirt: S M L XL XXL No t-shirt

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 sponsors of the Karns Community 5K, the Karns High School Cross Country Team, the Karns High School Wrestling Booster Club, Total Race Solutions, Knox County, 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 purposes.

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

Date

Make checks payable to Karns Community 5K

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

"Karns Community 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/ Wrestling team!