



Oak Ridge Track Club



# 2009 OAK RIDGE HALF MARATHON

## November 21, 2009 at 8:30 a.m.

- LOCATION:** Central Training Facility (CTF) located on Bear Creek Road in Oak Ridge, Tennessee
- DIRECTIONS:** From I-40 → take exit 364 and turn north on Route 95. Go 4.8 miles then turn left on Bear Creek Road. CTF is 2.1 miles on the left.  
From Oak Ridge → turn off OR Turnpike to take Route 95 toward Lenoir City. Go 2.1 miles then turn right on Bear Creek Road. CTF is 2.1 miles on the left.
- COURSE:** Paved country road, flat to rolling, with one 'standard deluxe' hill at mile 8.0. There is a 3-hour time limit. The CTF premises must be clear of all persons and vehicles by 12:00 noon.
- SPONSOR:** Oak Ridge Track Club (ORTC). Proceeds applied to promote youth and community fitness events.
- REGISTRATION:** Pre-registration \$20.00 (postmarked by 11/10/09). Late and day of race entry \$25.00. Youth 18 years and under \$15.00. Packet pickup and day of race registration - 7:30 a.m. to 8:15 a.m. Pre-registered runners receive t-shirt on race day. Late registrants receive shirts as supplies last or at a later date.
- AWARDS:** Awards for male and female to top three overall, 1st Masters (40+), 1st Grandmasters (50+), and three deep age divisions 18 and under, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+. Overall winners not eligible for age division. Finishers get a cool finisher medal!
- RESULTS** Complete results and photos will be posted on ORTC's website [www.epivox.com/ORTC](http://www.epivox.com/ORTC)
- CONTACT:** For information contact Ralph Arcangeli - Phone (865) 388-5269 or [ralpharcangeli@comcast.net](mailto:ralpharcangeli@comcast.net).

### OAK RIDGE HALF MARATHON RACE ENTRY FORM – RACE DAY NOVEMBER 21, 2009

Make check payable to ORTC and mail to: Oak Ridge Track Club, P.O. Box 4994, Oak Ridge, TN 37831-4994  
 Early registration \$20.00 (must be postmarked by 11/10/09). Late and day of race registration \$ 25.00. \$ 15.00 for youth 18 and under.  
 NO Refunds

PLEASE PRINT

Name: \_\_\_\_\_ Age: (as of 11/21/09) \_\_\_\_\_

Sex: (circle) M F Phone: \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Shirt Size: (circle one) S M L XL XXL No shirt option please check here \_\_\_\_\_ (subtract \$5.00)

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

**\*\*\*\*\*ATHLETE'S RELEASE\*\*\*\*\***

**\*\*\*\*\*ALL PARTICIPANTS: READ, UNDERSTAND, SIGN AND DATE THIS FORM\*\*\*\*\***

I know that running and/or volunteering to work in races are potentially hazardous activities. I should not enter and run in the 2009 Oak Ridge Half Marathon race 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 falling, contact with other participants, the effects of weather (including high heat or humidity, ice or 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 Oak Ridge Track Club, U. S. Department of Energy, City of Oak Ridge, and all other sponsors, their representatives and successors from all claims of liabilities 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 attest and verify that I am physically fit and sufficiently trained to participate in this event. I also hereby grant permission to all the foregoing to use any photographs, motion pictures, recordings and any other record of this event for any legitimate purpose.

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature (if entrant is under 18 years old) \_\_\_\_\_ Date \_\_\_\_\_