



17th ANNUAL
SEYMOUR ROTARY 5K RUN/WALK

8:30 a.m., SATURDAY, OCTOBER 3, 2009

Beginning at The King's Academy in the foothills of the Great Smoky Mountains

DATE, TIME, PLACE: Saturday morning, October 3, 2009. Registration from 7:30 –8:15 a.m. Race will begin at 8:30 a.m. All participants will meet in front of Stokely Gymnasium at The King's Academy. To reach The King's Academy, take Highway 441 (Chapman Highway) south from Knoxville about 12 miles to Seymour. The third traffic light in Seymour is located at the intersection of US 441 and US 411. Turn left onto Boyds Creek Road (TN 338). Go .8 mile to Smothers Road on the right, adjacent to Grace Baptist Church. Turn right. The gymnasium is .1 mile on the right.

COURSE DESCRIPTION: A lovely, scenic and physically satisfying course that runs through the academy campus and on backcountry roads through rural pastoral farm scenes.

REGISTRATION AND FEES: Participants may pre-register, or sign up the day of the race from 7:30 to 8:15 a.m. at Stokely Gym. The pre-registration fee of \$15.00 is due postmarked by Friday, September 19, 2009. Late registration (including on the day of the race) is \$18.00. Pre-registered runners who are members of the Knoxville Track Club will be offered a \$2.00 discount. No discount available for late registration or registration on race day. There are no refunds.

T-SHIRTS: Pre-registered participants receive free T-shirts on race day. Race day registrants receive shirts as supplies last.

AWARDS: Ceremony will be immediately following the race. Awards will be presented to: Overall top three, male and female; Masters (40+) first, male and female; Grandmasters (50+), first male and female; Clydesdale Division (200 lbs. male) First Place. Other awards three deep in the following age divisions: Male: 14 and under, 15-18, 19-29, 30-39, 40-49, 50-59, 60+. Female: 14 and under, 15-18, 19-29, 30-39, 40-49, 50+. Overall winners are not eligible for age division awards. Awards must be picked up by winners at the ceremony and will not be mailed. Walkers will not be timed.

DOOR PRIZES: Runners must be present at the awards ceremony to win door prizes.

POST RACE REFRESHMENTS WILL BE PROVIDED.

RESULTS: If you desire official results mailed to you, enclose a stamped self-addressed envelope with entry form.

INFORMATION: Contact Race Coordinator Jeff Foster at 865-577-1922 (M-F, 8 a.m. – 5 p.m.).

FILL OUT FORM BELOW AND MAIL TO: Seymour Rotary Club, P.O. Box 355, Seymour, TN 37865.

MAKE CHECKS PAYABLE TO: Seymour Rotary Club

OFFICIAL ENTRY FORM –2009 SEYMOUR ROTARY 5K CLASSIC ROAD RACE, October 3, 2009

Sanctioned by USAT&F. Due to insurance regulations, roller blades, strollers, bicycles and dogs will not be allowed on the course.

Check One: 5K Run 5K Walk

RACE NUMBER	OFFICIAL USE ONLY
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Name _____ T-Shirt Size: M() L() XL()

Address _____ City _____ State _____ ZIP _____

Phone: (____) _____ Birth Date _____ Age as of November 1, 2008 _____ Sex: Male () Female ()

Email _____ KTC Member \$2.00 Pre-Registration Discount: Yes () Clydesdale ()

PARTICIPANT'S RELEASE: PLEASE READ CAREFULLY, SIGN AND DATE THE FORM.

I am aware that running, walking and volunteering to work in club races are potentially hazardous activities. By entering and running in the Seymour Rotary 5K Classic I verify that 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 participation in the aforementioned event, including but not limited to falls; contact with other participants; the effects of weather, including high heat or 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 the Seymour Rotary Club, The King's Academy and the Knoxville Track Club, any and all members thereof, and all further sponsors, their representatives and successors, from 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 named in this waiver. I also grant permission to all the foregoing to use any photograph, motion picture, recordings, or any other record of this event for any legitimate purpose.

 Athlete's Signature
 08/09

 If under 18, Parent/Guardian's Signature

 Date