



# 2008 WIMBERLY LAWSON TOWNSEND 10K TO BENEFIT THE SECOND HARVEST FOOD BANK

SATURDAY, OCTOBER 17, 2009

9:00 A.M. - 10K RUN 9:15 a.m. 1 MILE FUN RUN/WALK

- Primary Sponsor:** Wimberly Lawson Seale Wright & Daves, PLLC
- Contributing Sponsors:** Food City, Gerdau Ameristeel, The Daily Times, WVLT-TV, Texas Roadhouse, and Blue Moose Burgers & Wings.
- DATE, TIME, PLACE:** Saturday, October 17, 2009. 9:00 a.m. Visitor=s Center, Hwy 321 in Townsend, TN.
- CHECK-IN:** 7:30 to 8:30 a.m., day of the race.
- REGISTRATION AND ENTRY FEE:** Pre-register by mail to: Howard Jackson, Post Office Box 2231, Knoxville, Tennessee 37901-2231. Day of race registration from 7:30 to 8:30 a.m. Fee: \$15.00, payable to aSecond Harvest Food Bank. Pre-registration closes October 9, 2009. Fee includes a T-shirt (while they last for race day registrants). **Please add \$1.50 for XXL shirt orders.**
- AGE DIVISIONS:** Male: 11 & under, 12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60- 69, 70 & over. Female: 11 & under, 12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over. Overall: Male and female, first and second place. Masters: Male and female (over 40)
- T-SHIRTS:** Runners and walkers will receive an attractive, high quality t-shirt. Shirts will be available for race day registrants while supplies last.
- AWARDS/PRIZES:** An awards ceremony will be held immediately following the race. The top finishers in each age group will receive a medallion. We will also hold drawings for door prizes!
- GENERAL INFORMATION:** USATF certified course starts and ends near the Visitors Center on Hwy 321 in Townsend. No baby strollers, bicycles, roller blades, dogs or use of headsets may be used during the race (except seeing eye dogs). Water will be provided on the course and drinks and other refreshments will be served after the race. For more information, call (865) 546-1000, or e-mail hjackson@wimberlylawson.com.
- DIRECTIONS:** From Knoxville, follow Hwy 129 South. At the split below the airport, stay left on Hwy 321 to Townsend. The Visitors Center is on the right.
- ACCOMMODATIONS:** Highland Manor Inn. (865-448-2211)

Detach and return form with check or money order to:  
Howard Jackson, Post Office Box 2231, Knoxville, Tennessee 37901-2231  
Forms will be available on-line at [www.wimberlylawson.com](http://www.wimberlylawson.com)

Race No. \_\_\_\_\_  
(Office use only)

## 2009 WIMBERLY LAWSON TOWNSEND 10K ENTRY FORM

Last name \_\_\_\_\_ (Please print clearly) First name \_\_\_\_\_ Sex \_\_\_\_\_  
 Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ Email Address: \_\_\_\_\_  
 Birthdate: \_\_\_\_\_ Age as of October 17, 2009 \_\_\_\_\_ 10k \_\_\_\_\_ 1 mile \_\_\_\_\_  
 Month Date Year  
 Shirt size (Circle one) ADULT Medium Large X-Large XX-Large  
 Emergency contact \_\_\_\_\_ Phone \_\_\_\_\_

**ATHLETE=S RELEASE:** I know that running in road races is a potentially hazardous activity. I am medically able and properly trained. I assume all risks associated with entering the race or walk, including but not limited to, falls, contacts with other participants, the effects of weather, the conditions of the road and traffic or animals on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Foothills Foundation, Second Harvest Food Bank, Knoxville Track Club and all sponsors from all claims or liabilities of any kind arising out of my participation in the Townsend 10k and 1 Mile Fun Run/Walk even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I also grant permission to 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)

