



SATURDAY 8.08.09

EBS Quad Run Series - Stage 3

Join the Morristown West High Cross Country team for the 11th Annual Trojan Trek 5K. Run or Walk the 3.1 miles of trail nestled amongst the trees & beauty of Morristown's Panther Creek State Park.

Pre-register \$15.00 by 8/3/09
Day of race \$20.00
Students \$12.00

REGISTRATION 7:00 AM
RACE TIME 8:00 AM
AWARDS - FOOD - SWIM
FOLLOWING RACE

Race Time: 8:00 am - Registration 7:00am
Location: Panther Creek State Park, Morristown, Tennessee
Fees: \$15.00 early registration (post marked by 8/3/09) Day of Race \$20.00
 \$12.00 all students pre-registered (post marked 8/3/09). Day of race \$15.00
T-Shirts: First quality short sleeved. Pre-registered runners receive t-shirt on race day. Race day registrants receive a t-shirt while supplies last.
Celebration: Awards ceremony will immediately follow race. Refreshments will be available and the park pool will be open for free use by race participants and their families. A lifeguard will be on duty.

Awards:
 \$100 - First Place Overall male & female
 \$ 50 - Second Place Overall male & female
 \$ 25 - Third Place Overall male & female
 \$ 15 - Fourth Place Overall male & female

Awards also go to the top three overall: first master (40+), first grandmaster (50+), first veterans (60+) & Clydesdale/Athens division (200lbs male & 150lbs female). Male & Female 1st, 2nd, & 3rd place awards in the following age divisions: 9-under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80+.
Team Competition - best combined time by 4 members including at least 1 female. Overall winners are not eligible for age division awards. Winners must pickup their awards the day of the race.

Information: For further information contact Coach Raymond Farmer 423-748-0931 or Cindy Dibb 423-587-1006

----- RACE# -----

Name: _____ Male _____ Female _____
Address: _____ Phone: _____
City: _____ State _____ Zipcode: _____
Age (as of 8/9/08): _____ Birthdate: _____ T-shirt size: sm ___ med ___ lg ___ xlg ___
Clydesdale _____ **Athens** _____ **Team Competition (team name)** _____

ATHLETES RELEASE. PLEASE READ. TO RUN OR WALK THIS EVENT YOU MUST SIGN AND DATE. I know that running and volunteering to work in races are potentially hazardous activities. I should not enter and run/walk the Trojan Trek unless I am medically able and properly trained. I agree by the decision of my race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking and/or volunteering to work with the aforementioned event including but not limited to falls, contact with other participants, the effects of the weather, including high heat or humidity, the conditions of the trail/road and traffic on the course. All such risk 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 Morristown West High School and it's sponsors, 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.

Athlete's Signature (if under 18, Parent of legal guardian's signature) _____ Date _____
 Make checks payable to West Cross Country Boosters.
 Mail this form w/entry fee to Trojan Trek c/o Cindy Dibb 4556 Boddington Court Morristown, TN 37814