

*"We're running to help end homelessness  
in Knoxville. Come join us!"*

.....Moira Kay & Dr. Dan Ely  
2009 co-chairs



### **VMC's Mission Statement**

Our mission is to work with any homeless individual who comes to the Volunteer Ministry Center so that he/she will achieve housing within a definite and limited period of time, and then will access whatever support services are required to maintain her/himself in that housing. The Volunteer Ministry Center will work to prevent homelessness for those who are marginally housed.

### **SPONSORS**

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To learn more visit our website at  
[www.vmcinc.org](http://www.vmcinc.org) or call  
(865) 524-3926

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**Volunteer Ministry Center  
P.O. Box 325  
Knoxville, TN 37901**



## **The 12th ANNUAL VMC 5K RUN & FUN WALK**

**Saturday, August 8, 2009  
8:00 A.M.**

### **VOLUNTEER LANDING**

Come and enjoy running or walking  
5K, 1 mile or the  
1 Mile Kids' Run

(must be 9 or younger to participate in  
the 1 Mile Kids' Run)

**USATF CODE: Is in Process**

All proceeds benefit the  
**VOLUNTEER MINISTRY CENTER**



**For more information call  
(865) 524-3926 or visit  
[www.vmcinc.org](http://www.vmcinc.org)**

**RACE DAY EVENTS**

Day of Registration 6:30 am – 7:45 am  
5K Run/Walk 8:00 am  
1 Mile Kids' Fun Run 8:15 am  
Awards Ceremony 9:15 am

**REGISTRATION FEES**

Pre-Registration \$20.00  
(if postmarked by August 3, 2009)  
Day of Race Fee \$25.00

**PLEDGES**

The Volunteer Ministry Center (VMC) depends on the community's help to fund their much needed programs. VMC provides a Resource Center that offers access to case management. The Refuge is dedicated to homeless prevention and provides assistance for low-income individuals and families. The People's Clinic provides much needed health care and the Jackson Apartments are 16 rent subsidized apartments for formerly homeless men.

All programs of VMC take a Housing First approach to homelessness. VMC places individuals into permanent, supportive housing and builds resources around them so that they can maintain that housing.

**Top Pledge Fundraiser** will receive the following:  
A trip for two to Biltmore in Asheville, NC includes lodging and food.

**Second Place Fundraiser** will receive the following:  
A trip for four to Gatlinburg, TN includes passes to Ober Gatlinburg and lodging.

To qualify for prizes all pledges must be received at the pledge booth on race day by 7:45am.

**AWARDS**

Awards will be given in the 5K as follows:  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> male & female Overall, Masters (40+), and Grand Masters, and age divisions 0-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70-79, 80+.  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place awards will be granted to the largest church and corporate team.

**TOP THREE FINISHERS OF 1 MILE KIDS' RUN WILL BE AWARDED.**

\*Open winners and masters winners are not eligible for age category awards.

**MAIL ENTRY FORM AND FEE TO:**

**Volunteer Ministry Center 5K  
P.O. Box 325  
Knoxville, TN 37901**

**MAKE CHECKS PAYABLE TO:**

**VOLUNTEER MINISTRY CENTER 5K**

Free parking is available at Bank of America & Central Parking on Locust St.

**PLEDGE FORM**

\_\_\_\_\_  
Last Name First Name  
\_\_\_\_\_  
Address  
\_\_\_\_\_  
City State Zip  
\_\_\_\_\_  
Phone  
\_\_\_\_\_  
Team Name (if applicable)

Sponsor's Name	Amount
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
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_____	\$ _____

Use separate sheet for additional donations.

**REGISTRATION FORM**

Race Number \_\_\_\_\_ (for office use only)  
\_\_\_\_\_  
(Last Name)  
\_\_\_\_\_  
(First Name)  
\_\_\_\_\_  
(Address)  
\_\_\_\_\_  
(City) (State) (Zip)  
\_\_\_\_\_  
(Phone)  
\_\_\_\_\_  
(Email)

Circle: M F Age as of 8/03/09 \_\_\_\_\_

Circle T-Shirt size: Youth M S M L  
XL XXL (\$1 extra) No Shirt

I am participating in: (circle one) 5K Run/Walk  
1 Mile Supporter 1 Mile Kids' Run

**TEAM COMPETITION**

Please put name of church team or corporate team that you are representing on the line below:

**ATHLETE'S RELEASE: Please read, sign and date (necessary to participate in the this event)** I know that running and volunteering to work in road races are potentially hazardous activities. I should not enter and run in the 12<sup>th</sup> annual VMC 5K 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 falls, contact with other participants, the effects of the weather, including high heat or humidity, the condition of the road and traffic course, all such risks being known and appreciated by me. I, for myself, and anyone entitled to act on my behalf, waive and release Volunteer Ministry Center, Event Tech and the City of Knoxville, any and all further sponsors, their representatives, 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 persons named in the 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 purpose.

\_\_\_\_\_  
Athlete's Signature  
\_\_\_\_\_  
Parent/Guardian's Signature  
(if under 18) Date \_\_\_\_\_