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OFFICIAL ENTRY FORM

## 5K Run and 1 Mile Fun Walk

SPONSORED BY THE WEST HILLS COMMUNITY ASSOCIATION, WEST SIDE FAMILY YMCA, & PILOT

**SATURDAY, AUGUST 1, 2009 ■ WEST HILLS PARK**

**5K and 1 MILE FUN WALK @ 8:00 AM**

### Door Prizes, Refreshments, Free Swim, & Activities for the Family!

**DIRECTIONS TO WEST HILLS PARK** From I-40/75 take West Hills exit (Exit 380). Turn right at Kingston Pike • Go to second traffic light • Turn right on Winston Road • Cross new Interstate Bridge • **Park at YMCA or West Hills Baptist Church lots.**

**5K COURSE** Challenging 5-hill course through the West Hills Community. The last 1/2 mile is on the Jean Teague Greenway.

**1 MILE FUN WALK** Walk or run out and back on the first 0.5 mile of 5K course.

#### REGISTRATION & FEES

**5K • Pre-registration = \$12 — MUST BE POSTMARKED BY JULY 25, 2009.** Race Day Registration = \$15/person  
**Team Competition** Awards to top 3 teams. Top 4 members of each team's time count. No additional costs to enter as a team. Teams must Pre-register preferably together.

**1 MILE FUN WALK • Pre-registration = \$5 — MUST BE POSTMARKED BY JULY 25, 2009.**

Race Day Registration = \$8/person Children 3 and under are free.

**Make checks payable to WHCA.** Most proceeds from this year's event will support the Greater Knoxville Tennis Association improvements to the West Side YMCA/West Hills Park Tennis Courts capital improvement project.

**T-SHIRTS** Provided to all pre-registered participants. Provided to late registrants as supplies last.

**5K Awards** Top 3 overall, top masters(40+), top grandmasters(50+), both male and female. *Overall winners ineligible for age division awards.* 3-deep (male & female) in these categories: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-80, 81-99.

**Awards must be picked up during the ceremony.**

For additional information call **Eddie Reymond 865-670-1533**  
or **865-693-4909** or e-mail **airvol@aol.com**.

**Current 5K Record Holders**

**(M) Jeff Day 15:14 (F) Jasmine Keller 17:25**

## 2009 West Hills 5K Run

OFFICIAL ENTRY FORM

Please check your event:  **5K Run**  **1 Mile Fun Walk**

**ONE ENTRANT PER FORM.** Copy this form as needed. Complete & mail form with entry fee to:

Ron Fuller/West Hills 5k • 8728 Heathwood Bend • Knoxville, TN 37923

**Make check payable to the West Hills Community Association (WHCA). No Refunds.**

Name: Last \_\_\_\_\_

First \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Gender:  Male  Female  Enter Team Name \_\_\_\_\_

Age \_\_\_\_\_ Birthday: \_\_\_\_/\_\_\_\_/\_\_\_\_ EVENT:  5K  Fun Walk

**ADULT T-shirt: SIZE:**  Small  Medium  Large  X Large

**1 Mile Fun Walk ONLY—Child T-shirt Size:**  Small  Medium  Large

In case of emergency, call \_\_\_\_\_

at phone \_\_\_\_\_

### RELEASE TO PARTICIPATE IN THE RACE YOU MUST SIGN AND DATE THE FOLLOWING:

I know that running, walking, and volunteering to work in road races are potentially hazardous activities. I should not participate in the WEST HILLS 5K RUN or 1 MILE FUN WALK 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 or walk. I assume all risks associated with running, walking and/or volunteering to work in the aforementioned race, including, but not limited to falls, contact with other participants, the effects of weather, including high heat and humidity, 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 WEST HILLS COMMUNITY ASSOCIATION, members thereof, West Side Family YMCA, West Hills Baptist Church, the City of Knoxville, West End Church of Christ, TRS Corp, USATF, and all FURTHER SPONSORS, their representatives and successors from all claims or 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 also grant permission to all the foregoing to use any photograph, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature \_\_\_\_\_ Date \_\_\_\_\_

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