



CASA of East Tennessee, Inc.  
Serving Hamblen, Jefferson, Sevier, Blount, & Knox Counties

# East TN CASA 5K Light of Hope Run/Walk

March 20, 2010 9:00 AM

Jefferson Federal Parking Lot, Morristown, TN  
Intersection of Merchants Greene Blvd and Hwy 11E

*All proceeds and donations benefit CASA of East Tennessee - voices for abused and neglected children in Hamblen and Jefferson Counties.*

**LOCATION:** Starts and finishes near the parking lot of Jefferson Federal Bank at the intersection of Merchants Greene Blvd and Hwy 11E in Morristown, TN.

**DIRECTIONS:** See the Race web site at [www.dsilvers.com/casa5k.html](http://www.dsilvers.com/casa5k.html)

**REGISTRATION:** All pre-registered runners should have their entry forms postmarked no later than March 10. **Race-day registration begins at 8:00am.**

**FEES:** \$17 if pre-registered and \$20 the day of the race. Students with student ID - \$15 Children under 8 are Free without T-shirt or \$5 with a T-shirt. (Special discount for teams of 8 or more who pre-register \$12). Race day registration begins at 8:00am. **All runners will be entered into great door prize drawing.**

**T-SHIRTS:** Pre-registered runners receive a shirt on race day. Race-day registrants receive shirts if supplies are available.

**AWARDS:** To the overall 1<sup>st-3rd</sup> place male and female and for the top 3 male/female finishers in the following age divisions: <10, 11-13,14-19,20-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70+

**REFRESHMENTS:** Water will be supplied during and after the race. Snacks will also be supplied after the race.

**ADDITIONAL INFORMATION:** call David at 423-754-6712 or email: [david.silvers@casaoeasttn.org](mailto:david.silvers@casaoeasttn.org)

**Please Support Our Sponsors:**

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

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

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Age: \_\_\_\_\_ Birthday (m/d/yy): \_\_\_\_\_ Gender: M F

Emergency Contact/Phone: \_\_\_\_\_

Shirt Size: Adult - S M L XL XXL Child - S M L

Optional: I would like to run this race on behalf of a specific abused/neglected CASA child whose name I will wear on my shirt (\$10): (Payable at Registration)

Mail completed entry form and fee to:

**CASA of East Tennessee  
15039 Pinnacle Pointe  
Mooresburg, TN 37811**

**Athlete's Release: To Race, you must sign and date this!!**

I know that running and volunteering to work in street races are potentially hazardous activities. I should not enter and run in the CASA Run/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. I assume all risk associated with running and/or volunteering in the above-mentioned race, including but not limited to falls, contact with other participants, the effects of weather, including high heat or humidity, ice and snow, the conditions of the road and the traffic on the course, all such risks being known and appreciated by me. Having read the 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 CASA of East Tennessee, Inc., the city of Morristown, any and all members thereof, all volunteers, and all sponsors, their representative successors, from all claims or liability of any kind arising out of my participation in the above-mentioned 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.

\_\_\_\_\_  
Athlete's Signature Date \_\_\_\_\_ Date \_\_\_\_\_

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