



\$\$\$Cash Incentive\$\$\$
see 'Awards' below

April 10, 2010

Now in our 3rd year! Not just for women anymore, but we get a head start!

8:30 am Women's Start
9:00 am Men's Start

Start and Finish in beautiful Oak Ridge, TN on the campus of Roane State Community College.
Race Day Registration/Check in will be in the Atrium in the RSCC-OR building from 7:15-8:15am

ALL PROCEEDS TO BENEFIT: Crossroads Ministry, a 501(c)(3) non-profit corporation whose goal is to serve Anderson and surrounding counties by providing transitional housing and a safe place for at-risk first time mothers and their babies with no place else to go. Support this great cause!
www.crossroadstransition.org

Major Sponsors:

Barnhart Crane and Rigging Company
Roane State Community College

Contributors: Oak Ridge Track Club, New York Pizza, Hot Bagel, National Fitness Center, Fleet Feet, New Balance-Knoxville, Energy Solutions, WBIR, Curves-Oak Ridge

Directions: From Knoxville, take the Pellissippi Pkwy into Oak Ridge. Turn right onto Lafayette Ave, right onto Emory Valley Rd, left onto Briarcliff Rd. Please be aware that the race travels down Emory Valley Rd, so the street will be blocked off at the start of the women's race.
USATF Course Certification TN09002MS

EVENTS - A competitive 5K road race, 5K walk, or virtual participation*.

This race is open to both men and women.
*A virtual participant does not physically complete the course, but for their donation receives a T-shirt.

ENTRY FEES:

- \$20 if postmarked by April 1, \$25 after and day of Race
- Virtual participants may register for \$20 up to race day.
- Special Student price of \$15 if under 19 yrs old or RSCC. **Shirts are not guaranteed to race day registrants. Please pre-register.**

Make checks payable to: **Crossroads Women's 5K**.
Mail check and bottom of this form to:
Crossroads Women's 5K
203 Timbercrest Dr
Oak Ridge, TN 37830

AWARDS: Top three overall, 1st Masters (40+), 1st Grandmaster (50+), and three deep age divisions 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+, mother-daughter, father-son, and three generation awards. Overall winners not eligible for age division.

RACE WINNERS COULD WIN \$100!

The male winner will receive \$5 for every female he passes (up to \$100), overall female will receive same amount.

Post Race Activities: Food, Music, Awards, and Sponsor Appreciation will take place starting at 9:45 am.

Enjoy Post Race Massage Therapy!

For more information call Judy Wilson - (865) 441-0881 or email judy@irun.cc

ENTRY FORM: CROSSROADS WOMEN'S 5K RACE 2010-- SATURDAY April 10, 2010

Event: **5K race** _____ **5K Walk** _____ **Virtual Participant** _____ * **Gender** **M** **F**

Long Sleeve T-Shirt Size: adult **S** _____ adult **M** _____ adult **L** _____ adult **XL** _____ adult **XXL**(add \$1.50) _____

Name (Last) _____ (First) _____ **Age** (day of race) _____

Street Address: _____ City _____ State _____ Zip _____

Phone: _____ Email address: _____

******ALL PARTICIPANTS: READ, SIGN, AND DATE THIS FORM******

I know that running in races is a potentially hazardous activity. 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 in the aforementioned race, including but not limited to falling, contact with other participants, the effects of weather (including wet conditions, high heat or humidity), the condition of 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 Roane State Community College, Crossroads Ministry, and the Oak Ridge Track Club, their representatives and successors from all claims of 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 attest and verify that I am physically fit and sufficiently trained to participate in this event. I also hereby grant permission to all the foregoing to use any photographs, motion pictures, recordings and any other record of this event for any legitimate purpose.

Athlete's Signature _____ **Date** _____ **Parent/Guardian Signature (Athlete under 18 years of age)** _____ **Date** _____