



Organized by the Farragut West Knox Chamber of Commerce

What: Farragut Fall 5k, Fun Walk and Pet Parade
Where: Mayor Bob Leonard Park, Watt Road, Farragut

When: Saturday, October 9,
 Race starts 8:00am

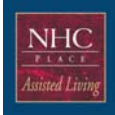
How: Pre-Register through Oct 1 - \$15.00
 Day of Race 7-7:30am - \$20.00

Why: Support the Chamber's Continuing Education Grants and
 \$1 of each ticket sold (matched by FWKCC) benefits
 Young-Williams Animal Center



EVENT SPONSOR

COMMUNITY SPONSORS



Cynthia 'Cid' Letsinger, CFP®



MEDIA SPONSORS



FWKCC would like to thank Tony Christen, farragutpress, for the logo design; Aquaclear Water Systems and LCUB for providing bottled water.
 For more information please call 865-675-7057 or visit us online at www.farragutchamber.com.

COURSE DESCRIPTION

Run on a scenic asphalt course (free from traffic) starting on Watt Road, through Sedgefield Subdivision and finish in Mayor Bob Leonard Park.
 Event is USATF sanctioned (# TN09096MS) and certified and will be managed by Total Race Solutions.

5K course is limited to runners and joggers only (no walkers, please)

Fun Walk and Pet Parade will be held on a separate course inside the park (approximately 1 mile)

5k AWARDS

Plaques awarded to top Open, 2nd Open and 3rd Open (0-39), top Masters (40-49) and top Grand Masters (50+), both male and female.

The first male and first female runner will receive a cash award.

Medallions to top three in following categories:

MALE 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90+

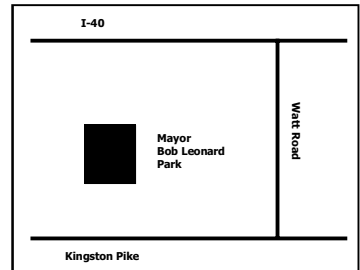
FEMALE 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90+

T-SHIRTS

Pre-registered runners and walkers receive t-shirts on race day. On site registrants receive shirts as supplies last.

REFRESHMENTS & FUN

Food and drinks will be provided.
 Post-race drawings will be held for door prizes.



Support the Chamber in your sleep

Sleeping in? Out of town race day? You can still support Young-Williams and your local Chamber.
 Circle "Sleep-in participation" on your entry form and enclose the \$15 fee for tee shirt/goodie bag.

\$1 of each ticket donated to Young Williams Animal Center

Race Number

Farragut Fall 5K (circle one) 1 Mile Fun Walk

Sleep-in participation

Name
 Last _____
 First _____

Sex: Male _____ Female _____

Age (as of 10/2/10): _____

T-shirt size S M L XL XXL \$2 additional charge for XXL
 (circle one)

Address _____
 City/State _____ ZIP _____
 Phone () _____ Date of Birth _____
 In case of emergency call _____ at _____

ATHLETE'S RELEASE: PLEASE READ; TO RUN THE RACE YOU MUST SIGN AND DATE IT.
 I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the Farragut Fall 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 weather, including high heat or humidity, ice and snow, the condition of the course 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 Farragut West Knox Chamber of Commerce, the Town of Farragut, the Knoxville Track Club and all other sponsors, their representatives and successors, from all claims or liability of any kind arising out of my participation in the aforementioned event, even though that liability may arise but 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, recording or any other recording of this event for any legitimate purpose.

Fill out form completely and return by **October 1:**
Farragut Fall 5K Run
Farragut West Knox Chamber of Commerce
P.O. Box 22461
Farragut, TN 37933
 Make checks payable to Farragut West Knox Chamber of Commerce
 No refunds

Athlete's Signature _____ Parent's Signature (if athlete is under 18) _____ Date _____