

ATHLETE'S RELEASE: PLEASE READ

TO PARTICIPATE IN THE RACE, YOU MUST SIGN AND DATE IT.

I know that I am running, walking, and/or volunteering in a road race that is potentially hazardous. I realize that I should not participate in the Forget Me Not 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, walking, or volunteering in the Forget Me Not 5K including but not limited to falls, contact with other participants, the effects of weather, and the condition of the road and traffic on the course. 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 Lenoir City High School, the The City of Lenoir City, and all further sponsors, their representatives and successors from all claims or liabilities of any kind arising from my participation in the aforementioned event even though that liability may arise out of negligence on the part of the persons named in this waiver. I also grant the foregoing to use any photograph, motion pictures, recordings, or record of my participation in this event for any purpose they deem appropriate.

Signature: (If participant is under 18, child & parent/guardian must BOTH sign.) Date

Fill out completely and mail with entry fee payable to:

Forget Me Not 5K, Lenoir City Parks and Recreation, 119 Broadway
Lenoir City, TN 37771

What exactly is Alzheimer's Disease?

Alzheimer's, or AD, is a progressive brain disease that destroys brain cells, eventually eroding memory, thought processes and behavior until the person is no longer able to work, enjoy hobbies, or have meaningful relationships with others. It is not a normal aspect of aging.

The sixth leading cause of death in the U.S., AD is the most common form of dementia, which is the term for any type of loss of memory or thought processes that interferes with normal daily life. There is no cure for AD, but treating its symptoms can improve the quality of life and prolong the patient's ability to function normally. Scientists are constantly working to find new and better ways to treat AD, to prevent it altogether, or to delay its onset.

Alzheimer's Facts

- As many as **5.3 million people** in the United States are living with Alzheimer's.
- Alzheimer's and dementia **triple healthcare costs** for Americans age 65 and older.
- Every **70 seconds**, someone develops Alzheimer's.
- Alzheimer's is the **seventh-leading cause of death**.
- The direct and indirect **costs of Alzheimer's** and other dementias to Medicare, Medicaid and businesses amount to more than **\$148 billion** each year.



Attention Runners /Walkers /Friends of Alzheimer's

The First Annual



FOR ALZHEIMER'S

**Through Historical
Downtown Lenoir City
April 17, 2010**

Forget Me Not 5K for Alzheimer's



When: Saturday, April 17 at 8:00 a.m.

Where: beginning and ending at Lenoir City High School High School, on a fast and mostly flat course

Registration: \$25 in advance (post-marked by 4/10/10), includes race t-shirt; \$30 late registration, includes race t-shirt while supplies last; \$15 K-12 students, pre-register to guarantee race t-shirt. Packet pick-up and day of race registration beginning at 7:00 a.m. in front of the school.

Course Etiquette: Due to insurance regulations and for the safety and convenience of all participants, no pets, roller skates, bicycles, or strollers permitted on the course. Use of headsets/earphones strongly discouraged.

For more information: Contact Angela Wampler at 865.740-0381; Rosemary Quillen 865 986-8824 or Steve Harrelson at 865.986-1223.

Awards: Top 3 Overall males and females; First place Clydesdale, Athena, Top 3 males and females in each age division: Under 19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 and over; categories. Many door prizes will be awarded

Early Alzheimer's can erode driving skills

In an article in USA Today, new research indicates that the impact of even very early Alzheimer's can have a negative effect on driving skills, contrary to what was earlier believed.

"Our research indicates that even among people who have early, mild cases of cognitive decline, there is an immediate drop-off in driving skills," says study author Jeffrey Dawson, an associate professor of biostatistics at the University of Iowa, in Iowa City.

The most common gaffes were lane violations, Dawson says. "We saw about a 50% increase in crossing-the-line errors in Alzheimer's patients," he says, noting that all of the participants still had their driver's licenses.

Dawson says he hopes the research will lead to development of potential interventions and alerting devices for the cars of Alzheimer's patients.

In addition to these studies, Dr John Dougherty, director of the Cole Neuroscience Center at UT Hospital has developed a driver's simulator for Alzheimer's patients. With the funds raised at the Forget me Not 5K, his research will be continued by testing and further studies in the area of driving and Alzheimer's. The monies will be kept local in the research, studies and education for the Memory Clinic.

Dr Dougherty has also developed an online Alzheimer's self test for those concerned about their cognitive health. One of the best treatments for Alzheimer's is early detection.

Let's be the help by being resources for researching and finding a cure for this devastating disease.



OFFICIAL Forget Me Not 5K ENTRY FORM

Last Name: _____ First

Name: _____

Address: _____

City: _____ State: _____ Zip _____

Age (as of 4/17/10): _____ Sex (circle one): M F Phone: _____

Email: _____

Birthdate: m. ____ d. ____ y. ____ Clydesdale/Athena Weight Division (circle one): 200 lbs.+male 150 lbs.+ female

Adult Shirt Size (circle one): S M L XL XXL

Check here if you are currently enrolled in grades K-12.

In case of emergency, call _____ @ _____.



LENOIR CITY
T E N N E S S E E