7th Annual Haiti Run for Health

2010 RRCA State Championship 4-Mile Race & 2½-Mile Walk

A charity event to help bring improved health to Haiti

8:00 AM Saturday May 8, 2010

LOCATION: St. Mary's Catholic Church at 327 Vermont Ave, Oak Ridge, TN 37830

DIRECTIONS: From the Oak Ridge Turnpike, turn onto Viking Road (Regions Bank on corner), and right onto Vermont Avenue. Proceed to St. Mary's Church parking lot (on right).

COURSE: Certified (TN 04005DJR), fast and flat (one 20 foot "hill"), and asphalt paved RRCA State Championship 4-mile Event

PRIZES:		**DIVISIONS:**
Top three overall male / female:	1st ($100), 2nd ($75), 3rd ($50)	Masters (40+), Seniors (50+), Veterans (60+), 10–14, 15–19, 20–29, 30–34, 35–39, 40–44, 45–49, 50–54, 55–59, 60–69, and 70+
1st place male / female masters:	$40	
1st place male / female seniors:	$40	
1st place male / female veterans:	$40	Overall winners are not eligible for age-group ratings
1st place in all other divisions:	$20	
2nd and 3rd in all divisions:	non-cash awards	

ENTRY: Runners and walkers: $20 if postmarked by April 30, 2010. $25 after April 30. Youths (18 and under) $12 anytime. Virtual Runners $20 anytime. To be guaranteed a T-shirt, must register by April 30. *Race-day registration is from 6:45–7:45 AM. Race-day registration for Virtual Runners will continue until 9:00 AM.* For more information, please contact Peggy Gruzalski: **PeggyG211@comcast.net.**

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ENTRY FORM: Haiti Run For Health – 8:00 AM Saturday May 8, 2010

Make check payable to *Haiti Run for Health*
Mail to: *Haiti Run for Health*, 327 Vermont Avenue, Oak Ridge, TN 37830
$20 if postmarked on or before 5/1/2010 or $25 on race day.

PLEASE PRINT

Event (Please mark one): **Four Mile Run** _____ **Walk** _____ **Virtual Runner** _____

Name: Last _____ First _____ **Sex:** Male _____ Female _____

Age: (as of 5/8/2010) _____ **Shirt Size:** (adult) S ____ M ____ L ____ XL ____ XXL ____ No shirt option _____

Address: _____ **City** _____ **State** _____ **Zip** _____

Phone _____ **Email address** _____

Emergency contact name _____ **Phone** _____

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

I know that running in races is potentially hazardous and that I should not enter and run in the *2010 Haiti Run for Health* unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run or walk safely. 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, the condition of the road, and traffic on the course, all such risks being known and appreciated by me. Having read this waver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and for anyone entitled to act on my behalf, waive and release Oak Ridge Track Club, St. Mary's Catholic Church, the City of Oak Ridge, and all other sponsors, 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 photographs, motion pictures, recordings, and any other records of this event for any legitimate purpose.

_____ Participant's Signature

_____ Parent's Signature (if entrant is under 18 years old)

_____ Date