2010 SPRING SPRINT

5K RUN & 1 MILE FUN RUN/WALK

SATURDAY, APRIL 17, 2010

8:30 A.M. - 5K RUN 8:35 A.M. - 1 MILE FUN RUN/WALK

A portion of the proceeds to benefit the

Area 15 Special Olympics

Race sponsored by:

DATE, TIME, PLACE:	Saturday, April 17, 2010 - 8:30 a.m. - Springbrook Recreation Center, 1537 Dalton Street, Alcoa, TN 37701
CHECK-IN:	7:15 - 8:00 a.m. the day of the race
REGISTRATION & ENTRY FEE:	Individuals may pre-register at the Parks & Rec. office located at 316 S. Everett High Road, Maryville, TN 37804 by 3 p.m. Thursday, April 15 ***or*** online at www.parksrec.com. Fee: $15.00 Day of race registration held 7:15 - 8:00 a.m. Fee: $18.00 Fee includes a T-shirt. **Please add $1.50 for XXL shirt orders.**
AGE DIVISIONS:	Male: 11 & under, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over Female: 11 & under, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over Overall: Male & Female Masters: Male & Female (40 & older)
T-SHIRTS:	All runners will receive an attractive, high-quality T-shirt. Shirts will be available on the day of the race for day-of-race entries as long as supplies last. Those who do not receive a shirt may pick up a shirt at the Parks & Rec. office approximately 2 weeks after the race.
AWARDS/PRIZES:	An awards ceremony will be held on site immediately following the race at approximately 9:30 a.m. Awards will be given to the top three finishers in each age group. All Fun Run/Walk participants will receive a ribbon. *Race participants will be eligible for nice door prize drawings immediately following the 1 Mile Fun Run/Walk.*
GENERAL INFORMATION:	No baby strollers, bicycles, roller blades or dogs are allowed to be used by any participant during the race. The use of headsets is not recommended due to traffic on race route. Refreshments will be served immediately following the race for all registered participants. For more information regarding this race or the Triple Crown of Running, please contact the Parks & Rec. office at (865) 983-9244.
RACE ROUTE:	The 5K course starts and ends at Springbrook Recreation Center. The route goes along Alcoa Road to Mill Street to Faraday, Vose, Wright, E. Edison, Springbrook Rd., Lodge and back to Alcoa Road to the finish line. The course is rolling and winds through a quiet neighborhood.
DIRECTIONS:	From Knoxville, take 129 South to Wright Road (at Shoneys on left just before airport). Make a left onto Wright Road and go through two traffic lights. Make a right onto Alcoa Road. Springbrook Recreation Center will be on your left.

Detach and return form with check or money order to:
Parks & Rec. Attn: Spring Sprint, P.O. Box 789, Alcoa, TN 37701-0789
or register online @www.parksrec.com (additional fees involved)
Check should be made payable to Parks & Rec.

Race No. _____
For office use only

2010 SPRING SPRINT 5K RUN & 1 MILE FUN RUN/WALK

ENTRY FORM

Last Name _____ First Name _____ Sex _____
(please print clearly)

Address _____

City _____ State_____ Zip _____ Phone _____

I live in: ☐ Blount County ☐ City of Alcoa ☐ City of Maryville ☐ Other

Birthdate: ____ - ____ - ____ Age as of **April 17, 2010** _____ 5K _____ 1 Mile _____
(month) (day) (year)

Shirt Size: (Circle one) **YOUTH:** MEDIUM (10-12) **ADULT:** SMALL MEDIUM LARGE X-LARGE XX-LARGE*

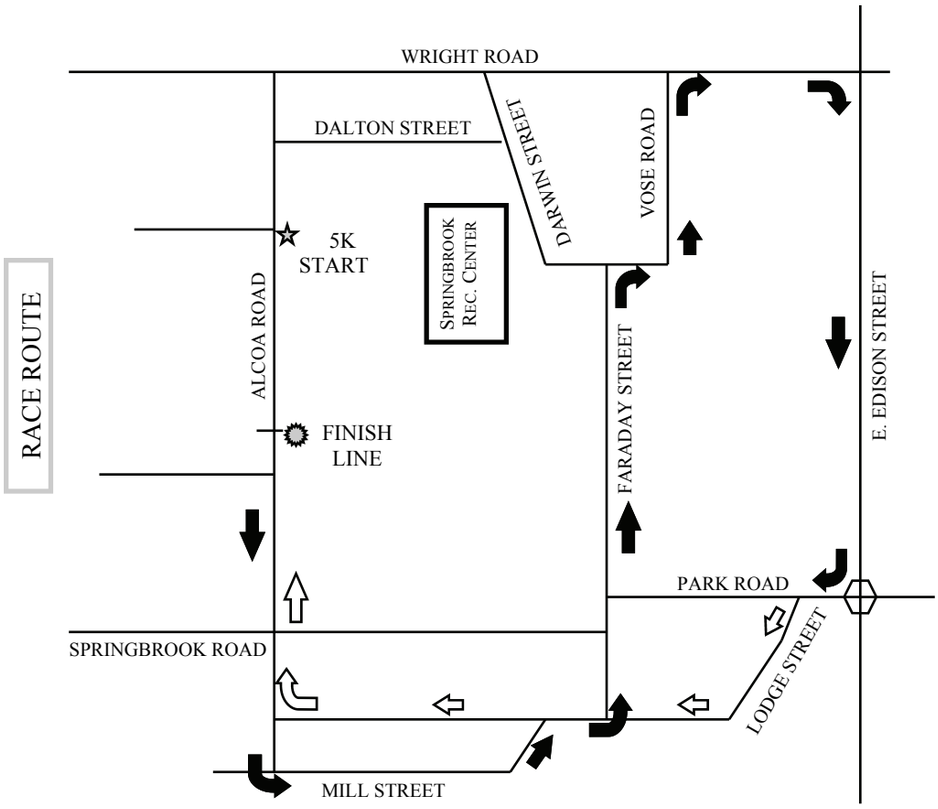
(*Please add $1.50 to entry fee for XX-Large shirt orders.)

Would you like to donate $1.00 to our Scholarship Fund for disadvantaged children? _____ Yes _____ No

Emergency contact _____ Phone _____

ATHLETE'S RELEASE: I know that running in road races is a potentially hazardous activity. I should not enter and run in the Spring Sprint road race unless I am medically able and properly trained. I assume all risks associated with running in the Spring Sprint road race, including but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road 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 Foothills Striders, Parks & Rec., Ruby Tuesday Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the Spring Sprint road race 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 of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature _____ Date_____
(If under 18 years of age, Parent's signature)



Parks & Rec.
P.O. Box 789
Alcoa, TN 37701-0789

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5K Run/1-Mile Fun Run Walk
April 17, 2010
8:30 a.m.
Alcoa, TN