Wellness Express Fitness Fun Run/Walk

"Coming to a Depot Near You!"

SPONSORED BY: HEART & VASCULAR CENTER at COOKEVILLE REGIONAL — The Proven Choice

This run is part of the: Run and See Tennessee Grand Prix

Date: Saturday, September 11, 2010
Start Time: **7**:30 am (CST)
Registration: **6**:00 – 7:00 am (CST)
Location: Main Street by the Courthouse, Crossville, TN
Directions: Take I-40 to exit 317. From East go left onto Hwy 127 S., from West go right onto Hwy 127 S. Continue straight until the four-lane becomes a two-lane. Run will start on Main Street so you may park on any side street that is still open. The starting line is within walking distance on Main Street by the Courthouse.
Entry Fees: **$18 Pre-Registration by September 3rd** - T-shirts to all pre-registered runners & walkers
$25 Race-Day registration - T-shirts while supplies last
$10 No T-Shirt option **$12 (per participant) for Athletic or Corporate Teams** of 5 or more
Course: Fast, fairly flat course that runs through historic parts of the city of Crossville ending at the Depot.
Timing: Chip Timing by ***Total Race Solutions*** !
Register online at **https://register.totalracesolutions.com/register/?event=1997&testfee=1**
Sanctioned: USA Track & Field
Awards: Top overall M/F, top M/F in each: Masters (40+), Grandmasters (50+), Veterans (60+), Clydesdale (Male 200 lbs. +), Athena (Female 150 lbs. +), (Overall winners, Clydesdale & Athena winners not eligible for age division award). Top 3 M/F in each of the following age divisions: 6 & under, 7-9, 10-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+, Team Award to top cumulative team time.
Walkers: Walkers will be timed. Top 5 Male, Top 5 Female walkers will get awards.
Proceeds: Supports the ***Cumberland County Cardiac Support Group***
Information: Dee Dee Barnwell, 931-456-8870

Mix 99.3 — 102.5 WOW FM Country — WAEW-AM 1330 Talk Radio — 1490 WCMT Sports Radio

HELP US START THE DAY WITH CROSSVILLE DEPOT DAYS!

JOIN US FOR FESTIVITIES, CRAFTS, FOOD, ENTERTAINMENT, FUN & A LOT MORE!!!

REGISTRATION FORM

Complete form and return with a check made payable to "***F.B.O. Cardiac Support Group***" to:
Dee Dee Barnwell, 11440 Hwy. 70 West, Sparta, TN 38583

5K RUN/WALK (Individual) _____ **5K TEAM EVENT _____** **1 MILE FAMILY WALK _____**

Last Name_____ First Name_____

Address_____ City_____ State_____ ZIP_____

Phone_____ Gender (circle): Male Female

Age on Race Day _____ Date of Birth _____ Clydesdale (200+)_____ Athena (150+) _____

T-shirt Size (circle) Adult – S,M, L, XL, 2XL Youth - M, L DECLINE

The Wellness Express Fitness Fun Run/Walk is a member race of the Run and See Tennessee Grand Prix series. The Run and See Tennessee Grand Prix is a series of Tennessee running events that take place throughout the year in different parts of the region. By participating in the series, runners travel to different locations across the state and experience different running events and competition while seeing new places and sights. Runners earn points for participating in the series and placing in the top 10 of their age group for each race. A year end awards ceremony is held to recognize the top 10 point earners in each age group. For more information on the series go to www.tngrandprix.com.

ATHLETE'S RELEASE: PLEASE READ. YOU MUST SIGN & DATE TO PARTICIPATE:
I know that running, walking, and/or volunteering to work in races are potentially hazardous activities. I hereby certify the following: 1) I am physically fit and have received medical clearance to participate in the "Wellness Express Fitness Fun Run/Walk", 2) In consideration for my application to participate in the "Wellness Express Fitness Fun Run/Walk" I, on behalf of myself, my heirs and assigns and my estate, hereby waive and forever discharge the sponsors, the Cumberland County Cardiac Support Group, Total Race Solutions, City of Crossville, organizers, USATF, affiliates, as well as their agents and employees from any and all claims that may accrue as the result of my participation, 3) I also grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

_____ _____ _____
Signature Parent's Signature (under 18) Date