

# Be a Factor 5K

This is the first annual **Be a Factor 5K** and all proceeds from this race will go to the Tennessee Hemophilia and Bleeding Disorders Foundation

## Kiddie Kingdom Day Care

[www.kiddiekingdomdaycare.com](http://www.kiddiekingdomdaycare.com)

## Roofing by RLI

[www.roofingbyrli.com](http://www.roofingbyrli.com)

## Aleris International—Loudon, TN Plant

[www.aleris.com/locations/united-states/loudon](http://www.aleris.com/locations/united-states/loudon)

## Lawncare of East Tennessee

865-458-4094

## Inspector Cluseau's Home Inspection Service

[www.inspector-cluseau.com](http://www.inspector-cluseau.com)

## The Grove Wine and Spirits

[www.thegrovewine.com](http://www.thegrovewine.com)

## Lendmark Financial

[www.lendmarkfinancial.com](http://www.lendmarkfinancial.com)

## Altar'd State

[www.altardstate.com](http://www.altardstate.com)

### ***Be sure to support and thank our sponsors!***

**Date, Time, & Place:** The race will start at 8am Saturday, April 14, 2012 at Loudon High School in Loudon, TN. I-75 to exit 72, go east on 72 to the first red light and turn left on Hwy 11. Go approx 1 mile and the high school will be on the right. Park in any of the parking lots at the high school. The race will begin and end on the new track around the football field.

**Course Description and Highlights:** Race will start in front of the bleachers on the track and go out to Carter St. You will make a left on Carter St then a right on Highway 11 into Loudon. There will be a right hand turn on Park St, then a left on Cedar St. down to Grove St. Another right hand turn on Grove St. then a right onto Steekee St and go back toward the high school. There will be a right back onto Carter St then a left back on to the track. One sharp left turn then all the way around the track to the finish line.

**Inclement Weather:** In case of inclement weather, please contact the race director at [gregjameson06@gmail.com](mailto:gregjameson06@gmail.com).

**Registration & Entry Fee:** Cost is \$20 for all mail-in entries. All mail-in entries must be postmarked by Wednesday, April 3rd please. We will not send confirmations for mail-in entries. No T-shirt—deduct \$5 anytime. Day of Race Registration from 6:30 am to 7:30 am at the high school by the start/finish line. Race Day registration is \$25.00.

**T-shirts:** short-sleeved, T-shirts. Pre-registered runners will receive shirts on race day. Late registrants as supplies last or at a later date.

## OFFICIAL 2012 BE A FACTOR 5K ENTRY FORM

Race Number \_\_\_\_\_

I would like to volunteer at future KTC events. Check here. \_\_\_\_\_

### Name:

Last: \_\_\_\_\_

First: \_\_\_\_\_

SEX Circle One: Male Female

AGE (as of 4/14/12) \_\_\_\_\_

Birthdate (mo/day/yr) \_\_\_\_\_

In Case of Emergency, call  
\_\_\_\_\_ at \_\_\_\_\_

Clydesdale/Athena Division (circle one):

200 lbs + male 150lbs+female

### Circle T-shirt Size:

XS S M L XL XXL

### FEES (Please check all that apply):

\_\_\_\_\_ \$20 for ALL mail-in entries

\_\_\_\_\_ \$25.00 day of race

\_\_\_\_\_ Deduct \$5—NO T-SHIRT

\_\_\_\_\_ Total

### Please Fill out completely and mail to:

Be a Factor 5K

33032 Pond Creek Road

Philadelphia, TN 37846

Make Checks Payable to: Be a Factor 5K

NO REFUNDS

Email address\*: \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_-\_\_\_\_\_

\*Note: Please supply a valid email address for important race instructions.

### ATHLETE'S RELEASE: PLEASE READ, TO RUN THE RACE, YOU MUST SIGN AND DATE IT.

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my family, my heirs, executors, and administrators, forever waive, release & discharge any and all rights & claims for damages & causes of suit or action known or unknown, that may have against The Knoxville Track Club, The City of Loudon, Road Runners Club of America, and all other political entities, all independent contractors & construction firms working on or near the course, all KTC Committee persons, Officials & Volunteers, & all sponsors of the race, & related Race Events & their officers, directors, employees, agents & representatives, successors, & assigns, for any and all injuries that may be suffered by me in this event. I attest that I am physically fit, am aware of the dangers & precautions that must be taken when running in warm or cold conditions, & have sufficiently trained for the completion of this event. I also agree to abide by any decision of an appointed medical official relative to my ability to safely continue or complete the run. I further assume and will pay my own medical & emergency expenses in the event of an accident, illness or other incapacity regardless of whether I have authorized such expenses. Further, I hereby grant full permission to the Knoxville Marathon and/or agents hereby authorized by them, to use any photographs, videotapes, motion pictures, recording, or any other record of this event for any legitimate purpose at any time. I further understand that there are no entry refunds, exchanges, transfers or rollovers, and that the event may be cancelled due to severe weather conditions, natural disasters, or threats to local and national security including suspected terrorist activity. I understand if I use a MP3 player, IPOD, headset, cell phone or other electronic device while participating in the event, I will do so in a reasonable way using common sense and awareness of those around me. I have read this waiver carefully & understand it.

Athlete's Signature

&If under 18, parent's signature

Date

We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers.