

Roane County Schools Coordinated School Health 5K Run/Walk



(Sanctioned by: USA Track & Field)

Saturday, November 2, 2013 8:30am Walkers / 9:00 am Runners

(Registration begins at 7:45am)



START/FINISH: The race will begin and end at the Fort South West Point
1225 S. Kentucky Street
Kingston, TN. 37763



Turnaround is at the Gravel Pit near Roane County High School.

<u>REGISTRATION & FEES</u>: All pre-registered runners should have their entry forms postmarked <u>no later</u> than <u>Friday, 10/18/13</u>. <u>Make Checks Payable to:</u> <u>Roane County Schools.</u>

Pre Registration: \$20.00 for adults

\$10.00 for K-12 students

Mail early registration by 10/18/2013 to:

Registration after 10/18/13: \$25.00 for adults

\$10.00 for K-12 students

Patti Wells , Coordinated School Health Midtown Education Center

3096 Roane State Highway. Harriman, TN 37748

Proceeds: Any proceeds will benefit health and wellness programs for the students of Roane County Schools.

<u>T-SHIRTS</u>: Pre-registered runners will receive shirt on the day of the race. Race day registrants will receive shirts as supplies last.

5K AWARDS: *Top male and female runners:

*1st place for Masters (Age 40 +)

*1st place for Overall Best Time *1st, 2nd & 3rd place (M & F) for each of the following age divisions: 11 & under, 12-15, 16-19, 20-29,

30-39, 40-49, 50-59, and 60+.

WALKER AWARDS: 1st, 2nd & 3rd place in both male and female divisions.

INFORMATION: Contact race director, Patti Wells (865) 882-3700 ext. 1910 or pawells@roaneschools.com

ROANE 5K RACE REGISTRATION FOR Amount (RM (11/2/13) enclosed:	Runner: Walker:
Name	Age (as of 11/3/2012)_	Male: Female:
Address:	City	State Zip Code
Phone # T-Shirt Size: Adult (please circle) S	School (if student or staff)	
T-Shirt Size: Adult (please circle) S	M L XL XXL <u>Or</u> Yo	outhMedium only
In Case of Emergency Call:	Phone_	

<u>ATHLETE'S RELEASE</u>: Please Read. To run/walk in this event, you must sign and date this form in the appropriate space below.

I know that participating as a runner/walker in races is a potentially hazardous activity. I should not enter and run/walk in the **Roane County Coordinated School Health 5K Run/Walk** unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the run. I assume all risks associated with running/walking in the aforementioned race, including, but not limited to: falls, contact with other participants, the effects of weather including high heat and humidity, rain, the condition of the race course and traffic on the course, all such risks 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 ROANE COUNTY SCHOOL SYSTEM, and any and all members thereof, and all further sponsors, their representatives, successors, from all claims of liability of any kind arising out of my participation in the aforementioned event, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. 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.

Athlete's Signature	and, if under 18 Parent's Signature	Date