

ES "5"K

The Episcopal School of Knoxville

4th Annual 5K Run/Walk

DATE: Saturday, October 10th, 2009.

LOCATION: The Cove Subdivision, behind the Pinnacle Theatre at Turkey Creek.

REGISTRATION: Day of Race starting at 6:45 a.m. The Cove Subdivision Turkey Creek behind the Pinnacle Theatre.

ENTRY FEE: Pre-Register fee - \$20 (Must be postmarked by October 1st, 2009.) \$30 Day of Race.

Online registration also available at www.active.com

EARLY PACKET PICK UP: Friday, October 9th - 12 - 7 p.m. at FLEET FEET - Turkey Creek Location - (865) 675-3338
11619 Parkside Drive Knoxville, TN 37934

RACE TIME: 8:00 a.m.

COURSE: A quiet course with rolling hills winding through two subdivisions with a portion of the route on a nature trail.

AGE DIVISIONS: Male: 11/under, 12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Over
Female: 11/under, 12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Over Overall: Male/Female

T-SHIRTS: Provided to all pre-registered participants. Provided to race day registrants as supplies last. Tickets to ESK Fall Festival provided to all registrants for games, food and drinks at the festival located on school campus October 24th, 2009.

AWARDS AND PRIZES: Special awards will be provided to top finishers in each division. All race participants will be eligible for free door prize drawings which will take place immediately following the 5K race.

RACE RESULTS: Timing will be provided by Roadkill Running Club. Race results will be posted on their website - www.roadkillrunningclub.com.

FOR MORE INFORMATION REGARDING THE RACE, PLEASE CONTACT (865) 201-7257 or e-mail eskrun@gmail.com

2009 ES "5"K ENTRY FORM

ONE ENTRANT PER FORM. Copy this form as needed. Complete and mail form with entry fee to: The Episcopal School of Knoxville. Attn: 5K Entry Form, 950 Episcopal School Way, Knoxville, TN 37932. Make check payable to: **The Episcopal School of Knoxville.**

Name: Last: _____ **First** _____

Address: _____ **City** _____ **State** _____ **ZIP** _____

Phone: _____ **E-mail:** _____

Gender: ___ Male ___ Female **Age (On 10/10/09):** _____ **Birthdate:** _____

School: _____ (If student)

T-shirt Size: ___ Medium ___ Large ___ X-Large

In Case of Emergency Call: _____ **Phone:** (___) _____

RELEASE: TO PARTICIPATE IN THE RACE YOU MUST SIGN AND DATE THE FOLLOWING:

I know that running, walking, and volunteering to work in road races are potentially hazardous activities. I should not participate in the ES "5" K unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run or walk. I assume all risks associated with running, walking, and/or volunteering to work in the aforementioned race, including, but no limited to falls, contact with other participants, the effects of weather, including high heat and humidity, the condition 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 EPISCOPAL SCHOOL OF KNOXVILLE, the Roadkill Running Club, committee members and volunteers thereof, and all sponsors, their representatives and successors from all claims or 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 also grant permission to all the foregoing to use my photograph, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature

Date

Parent's or Guardian's Signature (if under 18)

Date