2010 RACE OCTOBER 9

Organized by the Farragut West Knox Chamber of Commerce

What: Farragut Fall 5k, Fun Walk and Pet Parade
Where: Mayor Bob Leonard Park, Watt Road, Farragut

When: Saturday, October 9,
Race starts 8:00am

How: Pre-Register through Oct 1 - $15.00
Day of Race 7-7:30am - $20.00

Why: Support the Chamber's Continuing Education Grants and
$1 of each ticket sold (matched by FWKCOC) benefits Young-Williams Animal Center

EVENT SPONSOR

MEDIA SPONSORS

COMMUNITY SPONSORS

WEST KNOX CHIROPRACTIC GROUP

COURSE DESCRIPTION

Run on a scenic asphalt course (free from traffic) starting on Watt Road, through Sedgefield Subdivision and finish in Mayor Bob Leonard Park.
Event is USATF sanctioned and certified and will be managed by Total Race Solutions.

5K course is limited to runners and joggers only (no walkers, please)

Fun Walk and Pet Parade will be held on a separate course inside the park (approximately 1 mile)

5k AWARDS

Plaques awarded to top Open, 2nd Open and 3rd Open (0-39), top Masters (40-49) and top Grand Masters (50+), both male and female.

The first male and first female runner will receive a cash award.

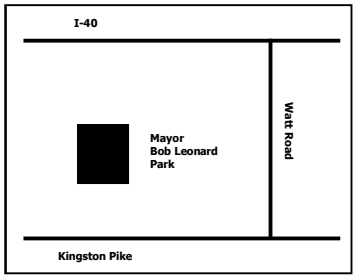
Medallions to top three in following categories:
MALE 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90+
FEMALE 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90+

T-SHIRTS

Pre-registered runners and walkers receive t-shirts on race day. On site registrants receive shirts as supplies last.

REFRESHMENTS & FUN

Food and drinks will be provided.
Post-race drawings will be held for door prizes.



FWKCC would like to thank Tony Christen, farragutpress, for the logo design and LCUB for providing bottled water. For more information please call 865-675-7057 or visit us online at www.farragutchamber.com.

Support the Chamber in your sleep

Sleeping in? Out of town race day? You can still support Young-Williams and your local Chamber.
Circle "Sleep-in participation" on your entry form and enclose the $15 fee for tee shirt/goodie bag.

$1 of each ticket donated to Young Williams Animal Center

Race Number

(circle one)
Farragut Fall 5K 1 Mile Fun Walk

Sleep-in participation

Name
Last _____

First _____

Sex: Male _____ Female _____

Age (as of 10/2/10): _____

T-shirt size S M L XL XXL (circle one) $2 additional charge for XXL

Address _____

City/State _____ ZIP _____

Phone ( ) _____ Date of Birth _____

In case of emergency call _____ at _____

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

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the Farragut Fall 5K 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. I assume all risks associated with running and/or volunteering to work in the aforementioned race, including but not limited to falls, contact with other participants, the effects of weather, including high heat or humidity, ice and snow, the condition of the course 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 Farragut West Knox Chamber of Commerce, the Town of Farragut, the Knoxville Track Club and all other sponsors, their representatives and successors, from all claims or liability of any kind arising out of my participation in the aforementioned event, even though that liability may arise but 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 photograph, motion pictures, recording or any other recording of this event for any legitimate purpose.

Athlete's Signature Parent's Signature (if athlete is under 18) Date

_____

Fill out form completely and return by **October 1**:
Farragut Fall 5K Run
Farragut West Knox Chamber of Commerce
P.O. Box 22461
Farragut, TN 37933
Make checks payable to Farragut West Knox Chamber of Commerce
No refunds