

Frozen 5k for Haiti and 1 mile walk

DATE-TIME-PLACE: Saturday, February 6th, 2010 at 9:00 a.m. The race starts at Signal Mountain Bible Church (4872 Shackleford Ridge Road Signal Mountain, TN). The 1 mile walk and 5k run will both be on Shackleford Ridge Rd from the church.

CHECK-IN AND LATE REGISTRATION: Race materials can be picked up at the front of the church from 7:30-8:30 a.m. Late Registration is from 7:30-8:30 and is also located at the front of the church.

REGISTRATION FEES: Your entry must be postmarked no later than January 31st, 2010 for you to be pre-registered. Pre-registration entry fee is \$15, and race day entry fee is \$15. All proceeds go to Haiti Missions. Make checks payable to Signal Mountain Bible Church.

T-SHIRT: First quality 100% pre-shrunk heavy-weight cotton. Guaranteed for pre-registered participants only.

COURSE DESCRIPTION: Slight upgrade for 1st 0.5 mile, then moderately flat

AWARDS: For the 5k runners only: Overall Male and Female, Masters Male and Female. Awards will be awarded for first place in the following categories: Male 10 and under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & UP; Female 10 and under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & UP

INFORMATION: Mail your completed entry form to: Johanna Gartman, 679 Stonebrook Dr., Chattanooga, TN, 37415. For questions email Johanna Gartman at johannag@gps.edu phone: 423-870-4729.

2010 Frozen 5k for Haiti

Race entered: 5k 1 mile Name _____ Age: _____ (as of Feb 6, 2010)

Email: _____

Address: _____

City: _____ State: _____ Zip _____ Sex: Male Female

T-Shirt Size:

YS YM YL AS AM AL AXL AXXL Telephone (_____) _____

Athlete's Release

I know that running a road race is potentially a hazardous activity. I should not enter an run unless I am medically able and properly trained. I agree to abide by an decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, dehydration, traffic, ice, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Signal Mountain Bible Church, Town of Signal Mountain, the Gartmans, all sponsors, Race Directors, their agents, servants, and volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, and any other record of this event for any legitimate purpose. Roller Blades, Baby Joggers, rip sticks, headphones, and animals are prohibited from participating in this race.

Signature: _____ (if under 18, parents' signature here)