2010 Hit the Road

5K Run, 1 Mile Fun Walk and Bicycle Ride

8:00 AM – 5K Run / 8:05 AM – Fun Walk / 9:00 AM – Bicycle Ride / 9:05 AM – Fun Bicycle Ride

Proceeds will benefit Relay For Life of Blount County

Date, Time, Place: Saturday, May 22, 2010 – 8:00 AM – Maryville College Campus

Check-In & Day-of-Event Registration: 7:00 – 7:45 AM, May 22, 2010 – 5K Run (timed) and Fun Walk (untimed) 8:00 – 8:45 AM, May 22, 2010 – Bicycle Ride and Fun Bicycle Ride

Registration: Individuals may pre-register by returning entry form with payment as indicated below by Wednesday, May 19th. Fee includes a t-shirt. Please add $1.50 for XXL or larger shirt sizes. All pre-registered entrants may pick up their shirts and bibs at check-in. Shirts will be available for day-of-event registrants while supplies last.

Early Registration 5K Run or Fun Walk - $20
Entry Fees: Bicycle Ride or Fun Bicycle Ride - $20
5K Run AND Bicycle Ride - $35

Day-of-Event Registration: 5K Run or Fun Walk - $25
Registration Fees: Bicycle Ride or Fun Bicycle Ride - $25
5K Run AND Bicycle Ride - $45

General Information: No baby strollers, bicycles, roller blades or pets are allowed to be used by any participant of the 5K Run during the run. The use of headphones is not recommended due to traffic on route. Refreshments will be available immediately following each event for all registered entrants. For more information, contact Debby Gray at 865-607-1261 or dgray@caterussell.com.

Race/Ride Routes: The 5K run and the bicycle ride will start and finish from the campus of Maryville College and will utilize area streets and roads that may be open to motor vehicle traffic. The 5K run will also utilize a portion of the Greenbelt Trail. The fun walk and fun ride will be on the college campus. The bicycle ride will offer a choice of 25, 50 and 72 mile routes. A map of the 5K run and bicycle routes with cue sheets will be posted on the Blount County Relay For Life website at www.relayforlife.org/blounttn.

Directions: From Knoxville, take US129 South. Just past McGhee Tyson Airport, keep right onto the US129 Bypass and continue to US321 Lamar Alexander Parkway. Turn left onto US321 and continue thru 5 traffic lights. The entrance to Maryville College will be on the right.

Detach and return form with check or money order to: Hit the Road, C/O First National Bank, 1708 West Broadway, Maryville, TN 37801. Checks should be made payable to Blount County Relay For Life.

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Entry Form

Last Name: ___________________________ First Name: ___________________________
Address: ___________________________ State: _______ Zip: ___________ Phone: ___________________________
City: ___________________________ Gender: M ______ F _______ Date of Birth: ___________

I am registering for (circle one): 5K Run \ Fun Walk \ Bicycle Ride \ Fun Bicycle Ride \ 5K Run AND Bike Ride

Shirt Size (circle one): YOUTH: Medium (10-12) ADULT: Small \ Medium \ Large \ XLarge \ XXLarge \ XXXLarge

PLEASE ADD $1.50 TO ENTRY FEE FOR XXLARGE AND XXXLARGE SHIRT ORDERS.

Would you like to donate additional funds to support Relay For Life of Blount County? ___Yes ____No Are you a cancer survivor? _____ Yes _____No

Emergency Contact: ___________________________________________ Phone: ___________________________

ATHLETE’S RELEASE: I know that running and volunteering to work in 5K races and bicycle rides are potentially dangerous activities. I should not enter and run/ride in Hit the Road unless I am medically able and properly trained. I agree to abide by any decision a race official makes relative to my ability to safely complete the run. I assume all risks associated with running, riding and/or volunteering to work in the afore mentioned run/ride, including but not 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, in consideration of your acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release The American Cancer Society, the sponsors of Hit the Road, the Knoxville Track Club, Blount County and the city of Maryville and all members thereof, and all future sponsors, their representatives, successors, for all claims or liability of any kind arising out of my participation in the afore mentioned 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 any photograph, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature: ___________________________________________ Date: ___________________________

(If under 18 years of age, Parent’s Signature)