

# 5K Race and 1 Mile Walk/Fun Run "MILES THAT MATTER"

Saturday, June 8, 2013 at 8:00 am



to benefit the



*avalon center*

Domestic Violence and Sexual Assault Program

**DATE:** Saturday, June 8, 2013 at 8:00 am CDT. Registration will begin at 7:00

**LOCATION:** Stone Memorial High School, 2800 Cook RD, Crossville, TN 38571

**COURSE DESCRIPTION:** 5K route will begin at SMHS and proceed to Cook RD passing by RSCC, and continuing over the I-40 overpass to Stone Elementary and back. The 1 Mile Walk/Fun Run will be held on the SMHS campus.

**REGISTRATION AND T-SHIRTS:** All pre-registered runners and walkers will receive a t-shirt. Late registrations will receive a shirt as long as supplies last. Registrations must be post-marked by May 25, 2013.

**Awards:** Awards to top overall male/female winners. Awards 3-deep to males and females in: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-70 & over. Overall winners are not eligible for age division awards.

**1 Mile Walk/Fun Run:** Runners and walkers of all ages are welcome. Awards to top 5 overall winners.

**Entry Fee:** \$20 Postmarked by May 25<sup>th</sup>, \$25 after May 25<sup>th</sup>, \$25 at event.

**For Information and entry forms contact:** Avalon Center, Nancy Valentine  
(931) 456-0747, email [derith@frontiernet.net](mailto:derith@frontiernet.net)

**NOTE:** Chip timing will not be used. Results will be posted on Avalon's Website: [www.avaloncenter.org](http://www.avaloncenter.org).