

Wellness Express Fitness Fun Run/Walk 5K & 1-Mile

Date: Saturday, September 7, 2013
Start Time: 9:00 am (CST)
Registration: 7:30-8:30 am (CST)
Location: Miller By-Pass, Crossville, TN
Directions: Get off Peavine Rd. Exit off of I-40 (Coming from East, turn left off of exit, from West, turn right off of Exit), go straight through the stop sign at main intersection & you can't miss us!

Entry Fees: \$18 Pre-Registration by August 31* - T-shirts to all pre-registered runners & walkers
 \$25 Late Registration & Race-Day registration - T-shirts while supplies last
 \$15 (per participant) for Teams of 5 or more
 \$15 No T-Shirt option

Course: Rolling hills out & back on Miller By-Pass between Dayton Rd. & Peavine Rd.
Timing: Chip Timing by *Total Race Solutions!*
 You may register online at <http://www.runnerreg.net/register/?event=>

Sanctioned: USA Track & Field
Awards: Top overall M/F, top M/F in each: Masters (40+), Grandmasters (50+), Veterans (60+), (Overall winners not eligible for age category awards). Top 3 M/F in each of the following age divisions: 6 & under, 7-9, 10-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+, Team Award to top cumulative team time.
This run is part of the:
 1-Mile Walkers: 1-Mile walkers will be timed - top 5 male & top 5 female 1-Mile walkers will get awards.
Proceeds: Supports *Cumberland County Cardiac Support Group & gnZ Group*
Information: Dee Dee Kuenzer, 931-200-4915



COME OUT & HELP OUR COMMUNITY & OUR KIDS!!!

REGISTRATION FORM

Complete form and return with a check made payable to "F.B.O. Cardiac Support Group" to:
 Dee Dee Kuenzer, 130 Woodmere Mall, Crossville, TN 38555

5K RUN/WALK (Individual) _____ 5K TEAM EVENT _____ 1 MILE FAMILY WALK _____
 TEAM NAME _____

Last Name _____ First Name _____
 Address _____ City _____ State _____ ZIP _____
 Phone _____ Email _____

Age on Race Day _____ Date of Birth _____ Gender (circle): Male Female
 T-shirt Size (circle) Adult - S,M, L, XL, 2XL Youth - M, L No Shirt Option

Total Amount Enclosed _____

The Wellness Express Fitness Fun Run/Walk is a member race of the Run and See Tennessee Grand Prix series. The Run and See Tennessee Grand Prix is a series of Tennessee running events that take place throughout the year in different parts of the region. By participating in the series, runners travel to different locations across the state and experience different running events and competition while seeing new places and sights. Runners earn points for participating in the series and placing in the top 10 of their age group for each race. A year end awards ceremony is held to recognize the top 10 point earners in each age group. For more information on the series go to www.tngrandprix.com.

ATHLETE'S RELEASE: PLEASE READ. YOU MUST SIGN & DATE TO PARTICIPATE: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my family, my heirs, executors, and administrators, forever waive, release & discharge any and all rights & claims for damages & causes of suit or action known or unknown, that we may have against **WELLNESS EXPRESS**, Total Race Solutions, Inc, the Run and See Tennessee Grand Prix, RunnerReg, the **CROSSVILLE COMMUNITY**, Road Runners Club of America, and all other political entities, all independent contractors & construction firms working on or near the course, all event officials & volunteers, & all sponsors of the race, & related race events & their officers, directors, employees, agents & representatives, successors, & assigns, for any and all injuries that may be suffered by me in this event. I attest that I am physically fit, am aware of the dangers & precautions that must be taken when running in warm or cold conditions, & have sufficiently trained for the completion of this event. I also agree to abide by any decision of an appointed medical official relative to my ability to safely continue or complete the run. I further assume and will pay my own medical & emergency expenses in the event of an accident, illness or other incapacity regardless of whether I have authorized such expenses. Further, I hereby grant full permission to **WELLNESS EXPRESS**, Total Race Solutions, the Run and See Tennessee Grand Prix, RunnerReg, and/or agents hereby authorized by them, to use any photographs, videotapes, motion pictures, recording, or any other record of this event for any legitimate purpose at any time. By furnishing my email address, I acknowledge that I authorize **NAME OF EVENT**, Total Race Solutions, Inc, the Run and See Tennessee Grand Prix, and RunnerReg to include me on mass emails concerning the **WELLNESS EXPRESS** or any Total Race Solutions, Inc, Run and See Tennessee Grand Prix, or RunnerReg event. I understand that my personal data will not be shared with any other entity without my express written approval. I further understand that there are no entry refunds, exchanges, transfers or rollovers, and that the event may be cancelled due to severe weather conditions, natural disasters, or threats to local and national security including suspected terrorist activity. I understand if I

use a MP3 player, IPOD, headset, cell phone or other electronic device while participating in the event, I will do so in a reasonable manner using common sense and awareness of those around me. I have read this waiver carefully & understand it.

Signature

Parent's Signature (under 18)

Date