



CASA's Run for the Child

Certified 5K Run/Walk & 1-Mile Fun Run/Walk

May 3, 2014 • 8 A.M.

Roane State Community College, Harriman, TN

All Proceeds & Donations Benefit CASA of the Ninth Judicial District

– Presented by –

FOUST FAMILY FITNESS

209 Roane Street
Kingston, Tennessee
376-1149



COURSE: This certified 5K course (#TN07001DJR) is flat to gently rolling.

DIRECTIONS: From Interstate 40, take Exit 347 (Rockwood/Harriman). Turn left at the traffic light and head west toward Rockwood, then left at the Patton Lane traffic light. Travel about a mile; campus is on the right. Check-in at the Dunbar Building. Ample parking is available.

REGISTRATION/FEES: All pre-registered entries must be postmarked no later than April 26. Pre-registration is \$20 for adult runners and walkers, \$15 per child under 15. Race-day registration, add \$5. Registration time is 6:30-7:30 a.m. Race continues rain or shine.

T-SHIRTS: Event T-shirts for all pre-registered runners on race day. As supplies last for race-day registration. You don't have to run to get the T-shirt.

AWARDS: Awards for overall 1st male and female; 1st masters male & female; 1st grandmasters male & female, for top three in each age division, m/f: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64 and 65+. Also first-place team (first four members score) and special awards for largest team and best team name.

REFRESHMENTS/CHANGING FACILITIES: Post-race food and drink supplied for all runners and walkers. Changing facilities and restrooms available in the Dunbar Building.

COURSE ETIQUETTE: We reserve the right to disqualify anyone for unsportsmanlike conduct or abuse to volunteers. No headsets, phones, bikes, skates, strollers or pets.

Contact us for more information

865/717-4186 • info@casaninth.org
www.casaninth.org

ENTRY FORM

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Team name: _____

Team captain: _____

Age: _____ Birthdate (m/d/y): _____ Gender: M F

Circle event: 5K Run/Walk 1-Mile Fun Run/Walk Shirt-only

Circle shirt size: Adult: S M L XL XXL(+\$2) Child: S M L

How did you hear of our event? _____

ATHLETE'S RELEASE: Please read. To race, you must sign and date this! I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the CASA run 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 risk associated with running and/or volunteering in the above-mentioned race, including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and humidity, ice and snow, the conditions of the road and the traffic on the course, all such risks being known and appreciated by me. Having read the 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 Roane State Community College, Total Race Solutions, CASA of the 9th Judicial District and all volunteers, any and all members thereof, and all further sponsors, their representative successors, from all claims or liability of any kind arising out of my participation in the above-mentioned event, even though that liability may arise out of negligence or carelessness on the part of 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 purposes.

Athlete's signature Date

Parent's signature if under 18 Date

Please make checks payable to:
CASA of the Ninth Judicial District

Mail completed entry form and fee to:
CASA of the Ninth Judicial District
PO Box 541, Kingston, TN 37763-0541

