



Organized by the Farragut West Knox Chamber of Commerce

DATE, TIME AND PLACE

Saturday, September 19, 2009, 8 a.m. start at Mayor Bob Leonard Park on Watt Road in Farragut. Proceeds help to support the Chamber's education scholarships and the Young-Williams Animal Center.

COURSE DESCRIPTION

Run on a scenic asphalt course (free from traffic) starting on Watt Road, through Sedgefield Subdivision and finish in Mayor Bob Leonard Park. Event is USATF sanctioned and certified and will be managed by Total Race Solutions. FunWalk and Pet Parade will be held on separate course in the park.

REGISTRATION AND ENTRY FEES

Pre-registration by mail closes Monday, September 14, 2009. Fee is \$15.00. Day of race registration is from 7-7:30 a.m., fee is \$20.00. 5K Run is limited to runners and joggers only.

T-SHIRTS

Pre-registered runners and walkers receive t-shirts on race day. On site registrants receive shirts as supplies last.

AWARDS

Plaques to top Open, 2nd Open and 3rd Open (0-39), top Masters (40-49) and top Grand Masters (50+), male and female. The first male and first female runner will receive a cash award. Medallions to top three in following categories:
 MALE 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90+
 FEMALE 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90+

REFRESHMENTS & AMENITIES

Food and drinks will be provided. Post-race drawings will be held for door prizes.

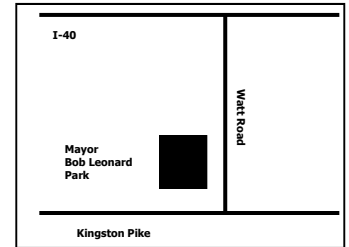
SLEEP-IN PARTICIPATION

Sleeping in? Out of town race day? You can still support Young Williams and your local Chamber. Circle "Sleep-in participation" on your entry form and enclose the \$15 fee for tee shirt/goodie bag.

Walkers & Pets

In addition to the race, there will be "about a mile" walk for walkers with or without their pets, held on a separate course.

Shirts provided for those pre-registered. Available while supplies last on day of race. Walkers are encouraged to participate in the fun walk with or without pets.

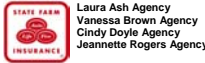


EVENT SPONSOR

MEDIA SPONSORS



COMMUNITY SPONSORS



KNOXVILLE EXECUTIVE SUITES

FWKCC would like to thank our Event Sponsor,

TDS Telecom, Community Sponsors, Michael Broyles Photography, Farragut Wine & Spirits, the Town of Farragut, First Tennessee, NHC Place Assisted Living, State Farm Agencies Laura Ash, Vanessa Brown, Cindy Doyle & Jeannette Rogers, Tennessee State Bank, Enrichment Federal Credit Union, Sitel, Pellissippi State Community College, BB&T, West Knox Chiropractic, Sign-a-Rama, Fitness Together, Knoxville Executive Suites, and Keller Williams Commercial—David Pozy - Media Sponsors— Knoxville News Sentinel, 105.3 WFIV and Tony Christen, Farragutpress for the logo design. For more information please call FWKCC at 865-675-7057 between the hours of 8:30 a.m. - 5 p.m., or visit us online at www.farragutchamber.com.

\$1 Donation to Young-Williams Animal Center per ticket sale

(circle one)

Farragut Fall 5K 1 Mile Fun Walk

Sleep-in participation

Race Number _____

Name: Last _____

First _____

Sex Male _____ Female _____

Age (as of 9/19/09) _____

T-shirt size S M L XL XXL \$2 additional charge for XXL

(circle one)

Address _____

City/State _____ ZIP _____

Phone(___) _____ Date of Birth _____

In case of emergency call _____ at _____

ATHLETE'S RELEASE: PLEASE READ, TO RUN THE RACE YOU MUST SIGN AND DATE IT.

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the Farragut Fall 5K 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 risks associated with running and/or volunteering to work in the aforementioned race, including but not limited to falls, contact with other participants, the effects of weather, including high heat or humidity, ice and snow, the condition of the course and traffic on the course, all such risks being known and appreciated by me. Having read this 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 the Farragut West Knox Chamber of Commerce, the Town of Farragut, the Knoxville Track Club and all other sponsors, their representatives and successors, from all claims or liability of any kind arising out of my participation in the aforementioned event, even though that liability may arise but 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, recording or any other recording of this event for any legitimate purpose.

Athlete's Signature _____ Parent's Signature (if athlete is under 18) _____ Date _____

Fill out form completely and mail to:
Farragut Fall 5K Run
Farragut West Knox Chamber of Commerce
P.O. Box 22461
Farragut, TN 37933
 Make checks payable to Farragut West Knox Chamber of Commerce
 No refunds



Farragut West Knox Camber of Commerce
P.O. Box 22461
Farragut, TN 37933

Bulk Rate
U.S. Postage
PAID
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