

HOT TO TROT



Date: Thursday, November 26, 2009
Time: 7:30 am – 5K & 10K and 9:00 am – Fun Run
Where: Parkside Drive in front of Fleet Feet Sports

Race participants receive:

- * **New Balance Technical T-shirt.** Pre-registered runners receive shirts at packet pickup. Late registrants receive shirts as supplies last or at later date
- * Entry to door prizes after race
- * Post race refreshments

Course: 5K course starts on Parkside Drive in front of Fleet Feet Sports and runs through Turkey Creek area then loops back. The 10K course is a 2 loop course.

Awards: Free pair of New Balance shoes awarded to the overall winners. Fleet Feet Gift Certificates awarded to Clydesdale, Athena and Age Group categories. Finisher ribbons for the Fun Run.

Overall awards: 1st Male, 1st Female, 1st Master Male, & 1st Master Female

Clydesdale/Athena awards: 1st Male (200+ lbs) & 1st Female (150+ lbs)

Age group awards: 1st, 2nd & 3rd in the following age groups: <10, 11-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70-79, 80+

Questions? Call 865.675.3338 or email hottotrot09@fleetfeetknoxville.com

- Race proceeds benefits Catholic Charities
- Bring a canned food for Sister Martha's Food Pantry and enter to win a pair of New Balance shoes

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Age (on 11/26/09): _____ Date of Birth: _____ Sex: [M] [F] Shirt Size: [S] [M] [L] [XL] [XXL]

Event: 5K 10K Fun Run Athena/Clydesdale Category:

Registration Fees - Early: \$20 Race Day: \$25 Amount Enclosed: \$ _____

Make checks payable to: Fleet Feet Knoxville Running Club Mail to: Fleet Feet Sports, 11619 Parkside Dr, Knoxville, TN 37934

ACCIDENT WAIVER & RELEASE OF LIABILITY

Race Waiver: I, individually, (and/or as parent, and/or guardian of the named minor) for and in consideration of acceptance of this entry in the aforementioned event, do hereby release, remise, waive, and forever discharge the Road Runners Club of America, Fleet Feet Sports Knoxville, Mercy Health Partners and any and all other supporting groups of this said racing event, together with all their officers, agents, officials and employees, from any and all liability, claims, demands, actions, or causes of action whatsoever arising out of, or relating to any injury, illness, loss, or damage, including death, relating to participation in the aforesaid event. I further state I am in proper physical condition to participate in this event. In addition, I agree that my participation in this event requires that I will not participate with roller blades, baby joggers, skateboards, animals, headphones, or anything which the race director deems dangerous to myself or other participants and that the race director may remove me from this event for a violation of said policy. I further grant permission to this race and the organization conducting the race and/or agents authorized by them to use any photographs, videotapes, motion picture, recordings and any other record of this event for any purpose. I also agree that if the event is cancelled for any reason that all entry fees are non-refundable and that this entry is non-transferable.

Signature: _____ Date: _____

Parent/Guardian Signature (if under 19): _____ Date: _____

Sponsors:

