

The First Baptist Track Club Proudly Presents

The 5th Annual

INDEPENDENCE DASH

5K Road Race & 1 Mile Fun Run/Walk

Proceeds to benefit Camp Etowah (after school tutoring program).

DATE: July 4, 2009 Both events (race & fun run/walk) will start at 8:00am; course closes at 9:00am.

COURSE DESCRIPTION: Scenic out-and-back course (same as 2008) - Race will start at Athens Federal Community Bank and run north on Hwy 411 then east onto Hwy 310 (Mecca Pike) to the turn around point.

Time splits called at each mile / volunteers located at turn around points for both the 1 mile & 5K events.

REGISTRATION & ENTRY FEE: Entry forms must be completed in full and signed by the participant (and legal guardian if under 18 yrs old). Registration fee is \$20. Pre-registration fee (postmarked by June 27) is \$15.

T-SHIRTS: Sizes Youth Large thru Adult Extra Large. Late registrants receive shirts as supplies last.

AWARDS: Awards will be given to the first, second, and third place finishers (male & female) in each category (overall, age groups: under 10, 10-14, 15-19, 20-29, 30-39, 40-49, etc.). Overall winners will not be eligible for age group awards. The group with the most registered participants will be awarded the Patriot's Cup. The Patriot's Cup is a traveling trophy that must be returned for next year's event. Awards must be picked up on race-day morning; they will not be mailed.

INFORMATION: Contact race director Sean Pickett at rseanpickett@yahoo.com for details.

Please do not separate from top of form. - Please do not separate from top of form. - Please do not separate from top of form.

Official 2009 Independence Dash Entry Form - Event Sanctioned by USA Track & Field

Race Number

For Official Use Only

Address _____

Name:

Last _____

City _____ State _____ Zip _____

First _____

Phone _____

Sex (circle one): MALE FEMALE

Email Address _____

Age: (as of July 4, 2009) _____

In case of emergency, call _____ at _____

Event: 5K Race 1M Fun Run

Due to insurance regulations, baby strollers, bicycles, roller blades and dogs on the course are prohibited. We reserve the right to disqualify anyone who is abusive to volunteers.

Circle T-Shirt Size: YL S M L XL

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

Group Name: _____

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the INDEPENDENCE DASH 5K ROAD RACE or 1 mile Fun Run/Walk 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, walking, 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 road and traffic on the course, all such risks being known and appreciated by me.

Fill Out Completely and Mail with Entry Fee to:

Independence Dash, Sean Pickett
531 Charlotte Street
Athens, TN 37303

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 First Baptist Track Club, First Baptist Church of Etowah, the City of Etowah, and any and all members thereof, and all further 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 out 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, recordings, or any other record of this event for any legitimate purpose.

Make Checks Payable to:
FBC Track Club (No Refunds)

Athlete's Signature

& if under 18, parent's signature

Date