



RRCA logo

April 10, 2010
8:30 am Women's Start
9:00 am Men's Start

Start and Finish in beautiful Oak Ridge, TN on the campus of Roane State Community College
Race Day Registration/Check in will be in the Atrium in the RSCC-OR building from 7:15-8:15am

ALL PROCEEDS TO BENEFIT: Crossroads Ministry, a 501(c)(3) non-profit corporation whose goal is to serve Anderson and surrounding counties by providing transitional housing and a safe place for at-risk first time mothers and their babies with no place else to go. Support this great cause! www.crossroadstransition.org

Major Sponsors:

Roane State Community College

Other Sponsors and contributors:
Oak Ridge Track Club

Directions: From Knoxville, take the Pellissippi Pkwy into Oak Ridge. Turn right onto Lafayette Ave, right onto Emory Valley Rd, left onto Briarcliff Rd. Please be aware that the race travels down Emory Valley Rd, so the street will be blocked off at the start of the women's race.

USATF Course Certification TN09002MS

For more information call Judy Wilson - (865) 441-0881 or email judy@irun.cc

EVENTS - A competitive 5K road race, 5K walk, or virtual participation*. This race is open to both men and women.

*A virtual participant does not physically complete the course, but for their donation receives a T-shirt.

ENTRY FEES:

- \$20 if postmarked by April 1, \$25 after and day of Race
Virtual participants may register for \$20 up to race day.
Special Student price of \$15 if under 19 yrs old or RSCC.
Shirts are not guaranteed to race day registrants.
Please pre-register.

Make checks payable to: Crossroads Women's 5K.
Mail check and bottom of this form to:

Crossroads Women's 5K
203 Timbercrest Drive
Oak Ridge, TN 37830

AWARDS: Top three overall, 1st Masters (40+), 1st Grandmaster (50+), and three deep age divisions 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. Teams: (mother-daughter), (father-son), and multi-generational. Overall winners not eligible for age division.

Post Race Activities: Food, Music, Awards, and Sponsor Appreciation will take place starting at 9:45 am.

Post Race Massage Therapy provided by RSCC Massage Therapy students

ENTRY FORM: CROSSROADS WOMEN'S 5K RACE 2010-- SATURDAY April 10, 2010

Event: 5K race ___ 5K Walk ___ Virtual Participant ___ * Gender M F

Long Sleeve T-Shirt Size: adult S ___ adult M ___ adult L ___ adult XL ___ adult XXL(add \$1.50) ___

Name (Last) ___ (First) ___ Age (day of race) ___

Street Address: ___ City ___ State ___ Zip ___

Phone: ___ Email address: ___

****ALL PARTICIPANTS: READ, SIGN, AND DATE THIS FORM****

I know that running in races is a potentially hazardous activity. 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 in the aforementioned race, including but not limited to falling, contact with other participants, the effects of weather (including wet conditions, high heat or humidity), the condition of 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 Roane State Community College, Crossroads Ministry, and the Oak Ridge Track Club, their representatives and successors from all claims of liabilities 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 attest and verify that I am physically fit and sufficiently trained to participate in this event. I also hereby grant permission to all the foregoing to use any photographs, motion pictures, recordings and any other record of this event for any legitimate purpose.

Athlete's Signature

Date

Parent/Guardian Signature (Athlete under 18 years of age)

Date