

# Heritage Christian Academy 5K Run/Walk

5K event to help Heritage Christian Academy

- **Date, Time, & Place:** The race will start at 7:30 pm Saturday, Sept. 20, 2014 at Heritage Christian Academy in New Tazewell, TN.
- **Course Description and highlights:** Race will start and end at Heritage Christian Academy. The race course will travel on Harmon Road across Hwy. 33 to the DeRoyal Walking track where the runner will complete 2 laps then return to at Heritage Christian Academy via Harmon Road.
- **Inclement Weather:** In case of inclement weather, please contact the race director at 423-526-2807.
- **Registration & Entry Fee:** Cost \$25 for all registrants. All mail-in entries must be postmarked by September 5<sup>th</sup>. We will not send confirmations for mail-in entries. Day of Race Registration will be from 6:00-7:00pm at the school.
- **Online Registration:** <https://runsignup.com/Race/TN/NewTazewell/HCA>
- **T-shirts:** Short-sleeved glow in the dark, T-shirts. Pre-registered runners will receive shirts on race day. Late registrants will be as supplies last. T-shirts can be ordered separately, even if you are not participating in the race.
- **Awards:** Award ceremony to be held after the race at Heritage Christian Academy.
- **Refreshment:** Refreshments and snacks will be available after the race.
- **Results:** Complete results will be available on the Heritage Christian Academy web site.
- **Headphones are discouraged but not prohibited.**
- **Information:** Gail Leonard at 423-526-2807

## OFFICIAL 2014 at Heritage Christian Academy 5K ENTRY FORM

Race Number \_\_\_\_\_  
First Name: \_\_\_\_\_  
Last Name: \_\_\_\_\_  
SEX Circle One: Male Female

Email address: \_\_\_\_\_ Phone: \_\_\_\_\_  
\*Note: Please supply a valid email address for important race instructions.

Age as of (9/20/14) \_\_\_\_\_  
Birthday (mo/day/yr) \_\_\_\_\_  
In case of Emergency, call \_\_\_\_\_  
At \_\_\_\_\_

Adult T-Shirt Size – Circle all that apply  
XS S M L XL  
2X (add \$2.50) 3X (add \$2.50)

Youth T-Shirt Size – Circle all that apply  
S M L

\_\_\_\_ Runner/walker Fee: \$25.00 ea  
\_\_\_\_ Adult T-shirt only \$20.00 ea  
\_\_\_\_ Child T-shirt only \$15.00 ea  
\_\_\_\_ TOTAL

Please fill out completely and mail to:  
Heritage Christian Academy  
323 Harmon Road  
New Tazewell, TN 37825

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

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my family, my heirs, executors, and administrators, forever waive, release & discharge any and all rights & claims for damages & causes of suit or action known or unknown, that may have against at Heritage Christian Academy, The City of New Tazewell, and all other political entities, all independent contractors & construction firms working on or near the course, all at Heritage Christian Academy Committee persons, Officials & Volunteers, & all sponsors of the race, & related Race Events & their officers, directors, employees, agents & representatives, successors, & assigns, for any and all injuries that may be suffered by me in this event. I attest that I am I physically fit, am aware of the dangers & precautions that must be taken when running in warm or cold conditions, & have sufficiently trained for the completion of this event. I also agree to abide by any decision of an appointed medical official relative to my ability to safely continue or complete the run. I further assume and will pay my own medical and emergency expense in the event of an accident, illness or other incapacity regardless of whether I have authorized such expense. Further I hereby grant full permission to at Heritage Christian Academy and/or agents hereby authorized by them, to use any photographs, videotapes, motion pictures, recording, or any other record of this event for any legitimate purpose at any time. I further understand that there are no entry refunds, exchanges, transfers or rollovers, and that the event may be cancelled due to severe weather conditions, natural disasters, or threats to local and national including suspected terrorist activity. I understand if I use a MP3 player, IPOD, headset, cell phone or other electronic device while participating in the event. I will do so in a reasonable way using common sense and awareness of those around me. **I have read this waiver carefully and I understand it.**

\_\_\_\_\_  
Athlete's Signature & If under 18, Parents signature Date