

2016 Emmanuel Baptist Church AmazinGrace 5K

Proceeds benefit the Appalachian Outreach food pantry serving the residents of Jefferson and surrounding counties.

Sunday October 2nd
Kids Fun Run 4:00 PM
5K 5:00 PM

5K loop course starts at Emmanuel and travels through the Jefferson City walking trail, downtown and Carson-Newman campus.

REGISTRATION

5K pre-registration \$20 Must be postmarked by Sept. 16th (short sleeve tech shirts guaranteed)

Late registration \$25 (shirts available as supplies last)

Kids 1 mile fun run \$13 (Can be accompanied by an adult, strollers welcome)

_____ \$2 discount for members of the Morristown Running Club

Make checks payable to Emmanuel Baptist Church No refunds

5K Awards Top three overall male / female, top Masters (40+) male and female. Overall winners are not eligible for age division awards. Awards for top two in each age divisions: male / female: under 14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

For additional information email iphonekarensmith@gmail.com

ONE ENTRANT PER FORM please copy this form as needed

Please circle event 5K Kids 1 mile color run

Mail completed form with entry fee to:

Emmanuel Baptist Church AmazinGrace
P.O. Box 665
Jefferson City, TN 37760

First Name _____ Last Name _____

Address _____

Email _____ Phone _____

Circle Gender Male Female Age as of Oct 2nd _____ Birthday _____

Adult Tech shirt (5K Run participants) please circle Small Medium Large XL XXL

Youth (Kid's 1 mile fun run) please circle Small Medium Large

Emergency Contact: _____ Emergency Contact Phone Number _____

Athlete's Release: Please Read, must be signed and dated to run

I know that running and volunteering to work in races are potentially hazardous activities. I should not enter and run in the EBC AmazinGrace 5k or 1 Mile Fun Run 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 road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in the consideration of your acceptance of my application, I for myself, and anyone entitled to action on my behalf, waive and release Emmanuel Baptist Church or any and all members thereof, and all further sponsors, their representatives, 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 person's 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. Due to insurance regulations, strollers, roller blades, bicycles, pets and headphones are not permitted on the race course.

Signature

Date

Parent's Signature (if under 18)

Date