

# 2016 Emmanuel Baptist Church AmazinGrace 5K

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

**Sunday October 2<sup>nd</sup>**  
**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](mailto: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