

2017 Emmanuel Baptist Church AmazinGrace 5K

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

Sunday October 1st
Kids fun run 4:00 PM
5K 5:00 PM

5K loop course starts at Emmanuel Baptist church and travels through the Jefferson City walking trail, downtown and Carson-Newman campus. The course ends at Emmanuel Baptist Church. Awards will

REGISTRATION

5K pre-registration \$20 Must be postmarked by Sept.25th

Day of race registration \$25

Kids 1 mile fun run \$15 (Can be accompanied by an adult, strollers welcome)

Make checks payable to Emmanuel Baptist Church No refunds

Short sleeve shirts are available on a 1st come, 1st serve basis beginning with those pre-registered.

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 check event 5K Kids 1 mile fun 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 _____

Gender Male Female Age as of Oct 1st _____ Birthday _____

Adult shirt (5K Run) Small Medium Large XL XXL

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

Emergency Contact: _____ Emergency Contact Phone Number _____