



5K Walk / Run

Saturday April 17, 2010 at San Miguel Coffee Co.

Other Sponsors: Ascend Federal Credit Union, The Willows, FC Kiwanis, Dr. Marlin Hicks, O.D., Dr. Glen Hyde, D.D.S., Dr. Joe Rivero M.D. FACOG, Mass Appeal 24 Hour Fitness, Schnarr Chiropractic, Dr. Mircea Basaraba MD, MPH, FACC

www.highonthehogfestival.com

Time: Registration 7:00 AM Early Registration: \$15 (first 50 get a race t-shirt)
Walk / Run 8:00 AM (before 04-02-2010)
Race Day Registration: \$20 (t-shirts handed out till gone)

Course: The course will start and finish at San Miguel Coffee shop at 18 South Jefferson St., Winchester, TN 37398. All racers (walkers and runners) will start at 8:00.

Awards: Top two age group finishers will receive Ribbons and All children under 14 will receive ribbons. Categories as follows: Under 14, 15 - 19, 20 - 35, 36 - 49, 50 - up. **Awards immediately following Last participant finish.

High on the Hog Festival 5 K Run / Walk Race 2010 Entry form

Race Waiver (please read carefully)
Must be signed to participate in race

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, and anyone entitles to act on my behalf, release and discharge the race organizers, directors, promoters, managers, officials, agents, sponsors, their representatives and successors, employees and volunteers of the 2010 High on the Hog 5 K walk / run from any and all claims of injury or liabilities of any kind, illness or damage suffered by me, as a result of my participation in or traveling to or from this event. I know that running or walking a road race is a potentially hazardous activity. I should not enter and run or walk 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 or walk. I assume all risks associated with running or walking in this event, including, but not limited to, falls, contact with other participants, the effects of weather (including high heat or humidity), traffic and the conditions of the road, all such risks being known and appreciated by me. I realize that this is a strenuous event that requires proper physical conditioning. I hereby certify that I am in such physical condition and in good health. I also give my permission for the free use of my name and picture in any written account, web site, broadcast or telecast of this event for any legitimate purpose.

Signature / Guardian _____ Date: ____ - ____ - ____

Check one: 5 K Walk _____ 5 K Run _____ Size T-shirt: Small Medium Large X Large XX Large

SEX: M _____ F _____ Date of Birth: ____ - ____ - ____ Age on race day: ____

Last Name _____ MI _____ First Name _____

Address _____ City: _____ State: _____ Zip: _____

Phone: (____) _____ - _____ E-Mail Address: _____

Emergency Contact: Name _____ Phone: _____ Relation: _____

Mail or deliver to Mass Appeal Attn: Janet at 92 Bible Crossing Rd, Decherd, TN 37324
Contact Person: Janet Schnarr at (931) 967-5352
Please make checks payable to Franklin County Kiwanis Club.