



2019 REINDEER RUN

5K RUN & 1-MILE FUN RUN/WALK

Third Leg of Healthy Blount Triple Crown of Running

SUNDAY, DECEMBER 8

2:00 P.M. - 5K RUN 2:45 P.M. - 1 MILE RUN/WALK

A portion of the proceeds to benefit the Empty Pantry Fund

Race sponsored by:



DATE, TIME, PLACE: Sunday, December 8 - 2:00 p.m. – Race starts in front of Altar'd State Corp. Office, 150 W. Church Ave, Maryville, TN

CHECK-IN: 12:30 - 1:30 p.m. the day of the race at the Maryville Municipal Parking Garage

REGISTRATION & ENTRY FEE Individuals may register at Parks & Rec at 316 S. Everett High Rd in Maryville *or online* at <https://runsignup.com/Race/TN/Alcoa/ReindeerRunTN> as follows:

Race Packet Pick-up
Thursday, December 5th 6-8PM
at Dick's Sporting Goods at
Hamilton Crossing or day of race.

Fee includes a T-shirt, add \$2.00 for XXL
5K Race: Students (17 & under): \$20.00 thru 12/2/19 12/3 thru day of race \$25.00
 Adults: \$25.00 thru 11/25/19 11/26-12/2/19 \$30.00 12/3 thru day of race \$35.00
1 Mile Fun Run/Walk: (Non-chipped time & designated bibs not allowed in 5K)
 \$12.00 thru 12/2/19 12/3 thru day of race \$17.00

AGE DIVISIONS: Male: 8 & under, 9-11, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & up
 Female: 8 & under, 9-11, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & up
 Overall: Male & Female
 Masters: Male & Female (40 & older)

T-SHIRTS: All pre-registered runners will be guaranteed a shirt. Shirts will be available on the day of the race for day-of entries as long as supplies last. Those who are not able to attend the race may pick up their packet at the Parks & Rec. office after the race during regular business hours.

AWARDS/PRIZES: An awards ceremony for the Reindeer Run will be held on site immediately following the 1 Mile Run/Walk. Awards will be given to the top three finishers in each age group and to the male/female Overall and Masters winners in the 5K. All Fun Run/Walk participants will receive a ribbon. **Prizes will also be presented to two youth and two adults with the best Christmas costume. All race participants will be eligible for the free door prize drawings that will take place prior to the awards ceremony. There will also be an awards ceremony, door prize drawings and grand prize drawing for the Triple Crown of Running held on site immediately following all Reindeer Run activities.**

INFORMATION: Refreshments will be served following the race for all registered participants.
 No baby strollers, bicycles, roller blades, or dogs are allowed to be used by any participant during the 5K race.
 For more information, contact the Parks & Rec. office at (865) 983-9244.

DIRECTIONS: From Knoxville, take 129 S. past the airport. Just past the airport, follow the road split to the left heading towards 321 N. Go through 5 traffic lights. At the 6th light, make a right onto Church Ave. The parking garage will be at the first light on the right.
 From I-75, take the Lenoir City exit and head north on 321 until you enter the Maryville City limits (water tower on left). After passing Shoney's Restaurant, go through 2 traffic lights. At the 3rd light, make a left onto W. Broadway. The parking garage will be at the 3rd light on the right.
 The race will start in front of Altar'd State Corporate Office on Church Avenue.

PARKING: Parking available on E. Broadway next to Citizens Bank and in parking garages and lots on W. Church Avenue and Broadway.

COURSE: See map on reverse side.

To pre-register, detach and return form with check or money order to:
 Parks & Rec. Attn: Reindeer Run, 316 S. Everett High Rd., Maryville, TN 37804
Check should be made payable to Parks & Rec.

Race No.

For office use only

or register online at <https://runsignup.com/Race/TN/Alcoa/ReindeerRunTN> **by Monday, December 2.**

2019 REINDEER 5K RUN & 1 MILE FUN RUN/WALK ENTRY FORM

Last Name _____ First Name _____ Sex _____
(please print clearly)

Address _____ City _____ State _____ Zip _____

Phone _____ Email Address _____

Birthdate: ____ - ____ - ____ Age as of Dec. 8, 2019 _____ 5K _____ 1 Mile _____
(month) (day) (year)

Shirt Size: (Circle one) **YOUTH:** SMALL MEDIUM LARGE **ADULT:** SMALL MEDIUM LARGE X-LARGE XX-LARGE*
(6-8) (10-12) (14-16) (*Please add \$2.00 to entry fee for XX-Large shirt orders.)

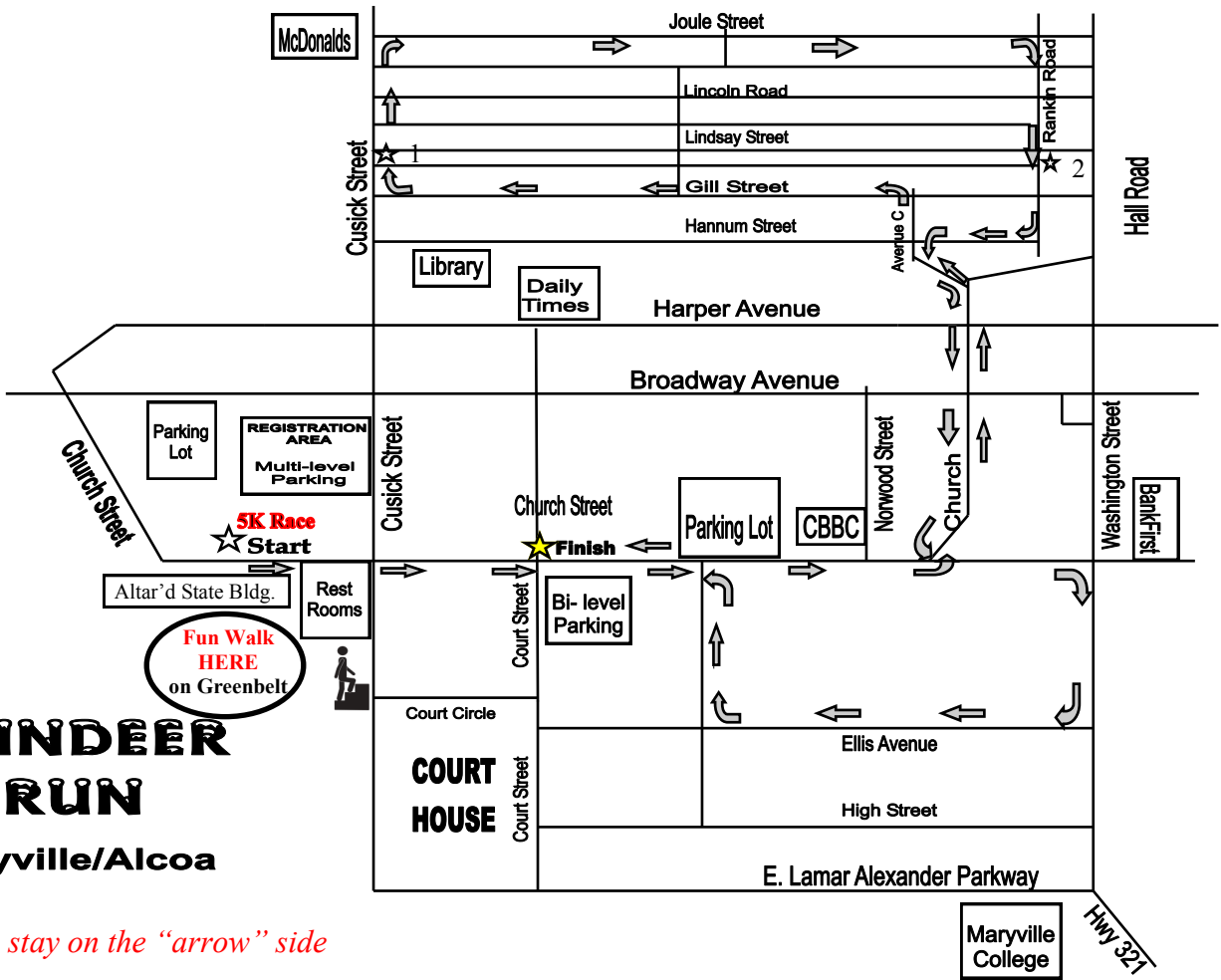
Emergency contact _____ Phone _____

ATHLETE'S RELEASE: I know that running in road races is a potentially hazardous activity. I should not enter and run in the Reindeer Run race unless I am medically able and properly trained. I assume all risks associated with running in the Reindeer Run road race, including but not limited to, falls, contact with other participants, the effects of weather, the conditions 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 consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Total Race Solutions, Parks & Rec., and all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the Reindeer Run even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature _____ Date _____
(If under 18 years of age, Parent's signature)

REINDEER RUN

Maryville/Alcoa



Runners stay on the "arrow" side