

5th Annual

South Of the River FUN RUN

5K RUN-KIDS' MILE-2 MILE WALK

Saturday, July 18, 2015 at 8:00am Midway High School, Kingston

Proceeds from this race will benefit the Midway High School Football Program and The Dream Connection

Schedule of Events:

7:30am: pickup and registration

8:00am: Two-Mile Walk

8:30am: 5K Race

Awards at the conclusion of Race

Course: start and finish in Midway High

School Parking Lot.

- Two Mile Walk
- 5K challenging
USATF Certification

Course etiquette and safety: Due to Insurance regulations and for the safety and convenience of all runners , no pets, roller-skates, bicycles or strollers are permitted on the course.

T-shirts: All pre-registered runners will receive a short-sleeved t-shirt. Day of race registered runners will receive t-shirts while supplies last.

Registration Fee: Early Registration (post-marked by July 8th, 2015): 5K \$20; Walkers \$15

After July 8th and Day of Race Registration: 5K \$25
Kids' Mile and Walkers Registration Fee \$20.

Awards:
Gift Cards for top finishers

Age Divisions: Awards to top 2 finishers in age divisions Under 18, 19-29, 30-39, 40-49, 50-59, and 60+ Overall winners are not eligible for age group awards.

Questions? Contact Ryen Minton.
865-437-7875, rminton@roaneschools.com

SOR Run Entry Form

Name: _____

Address: _____

Phone: _____ Sex: M _____ F _____

Emergency

Name/phone# _____

Tshirt size (adult) S M L XXL XXL(\$3 Charge)
(youth) S

Event (Check One)

_____ 2 Mile Walk

_____ 5K Race

To register online go to runnerreg.us

Email Address _____

Mail completed entry form with check/money order
to :

Midway High School, 530 Loudon Hwy
Kingston, TN 37763 c/o Ryen MintonSOR RUN

Legal Disclaimer:

I know that running &volunteering work in 5k races are potentially dangerous activities. I should not enter & run in the SOR Run unless I am medically able & properly trained, I agree to abide by any decision a race official makes relative to my ability to safely complete the run. I assume all risk associated with running and or volunteering to work in the aforementioned race, including but not limited to fall, contact with other participants, the effects of weather, including high heat. And humidity, ice and snow, the condition of the road, traffic on the course, all such risks being known and appreciated by me. Having read this wavier and knowing these facts, and in consideration your acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release Midway High School, Roane County and all employee members thereof, and all future sponsors, their representatives, employee successors, for all claims or liability of any kind arising out of my participation in the aforementioned event, even though that liability out of my participation in the aforementioned event may arise out of negligence or carelessness on the part of the persons named in this wavier. I also grant permission to all to use any photograph, motion pictures, recordings or any other record of this event for any legitimate purpose.

Runner's Signature

Must include guardian's signature of under 18

Guardian
