



Sacred Heart Cathedral School Athletic Department presents  
**Heart & Sole 5k & 1 Mile Fun Run**  
**Sunday, November 17, 2019 @ 3:00pm**



**Cookout  
following race!!**

**Open to all—both events are walker friendly  
Walkers, Runners & Eaters are welcome!**

**Register, Volunteer, or Sponsor here: [www.heartandsole.info](http://www.heartandsole.info)**

**Course Description:** Courses take runners through the beautiful Westmoreland area, starting & finishing on the Sacred Heart campus (711 S. Northshore Dr. Knoxville, TN 37919).

**Race Day Activities**

**1:00 – 2:30pm** race day registration & final packet pickup.

**3:00pm** race start, course closes at ~4:00 pm.

Post-race cookout & awards at the Sacred Heart pavilion.

The Heart & Sole 5k is a member race of the Run and See Tennessee Grand Prix, for details, go to [www.totalracesolutions.com](http://www.totalracesolutions.com).

**Pre-Registration & Packet Pickup**

**Register online:**

<https://runsignup.com/Race/TN/Knoxville/HeartandSole5Kand1MileFunRun> [runsignup.com]

**Paper:** submit with payment to SHCS office  
Available until Thursday 11/14/2019

**Pre-registered Packet Pickup:** Friday,  
November 15<sup>th</sup>, at SHCS 7:30–9:30 & 2:30–6:30

**5k Award Categories for Male & Female:** top 3 overall, top masters, grand masters, veterans. Adult 5-year age groups, youth age groups (10 & under, 11-13, 14-19, then adult 5-yr.).

**1Mile Awards:** Top 3 youths, male & female. All participants receive a finisher's ribbon.

**Results:** Complete results will be available at [www.totalracesolutions.com](http://www.totalracesolutions.com)

**Race Etiquette:** Roller blades, bicycles, hover boards, headphones, and dogs are not allowed on the course.

**Contact Info:** Race Director, Kathy Wolski at [kwolski@shcknox.org](mailto:kwolski@shcknox.org), Seth Mofield at [smofield@shcknox.org](mailto:smofield@shcknox.org) or SHCS Athletic Dept: (865) 558-4126.

**For information about Sacred Heart Cathedral School and for directions, please visit our website: [shcschool.org](http://shcschool.org).**

**Last Name:** \_\_\_\_\_

**First Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**\*Email:** \_\_\_\_\_

*\*required for race day photos & event alerts*

**Emergency Contact:** \_\_\_\_\_

**Em. Contact Phone:** \_\_\_\_\_

**Event (circle):** 5k 1-mile **Sex:** F M

**Date of Birth (required):** \_\_\_\_\_

**T Shirt (circle):** Adult - S M L XL XXL(+\$3)

Youth - S M L No-Shirt (No shirt subtract \$2 below)

**Race Fees (includes t-shirt, cookout ticket & goodie bag):**

\_\_\_\_ Individual by 11/10: \$20; 11/16: \$25; race-day: \$28

\_\_\_\_ Families: \$60 (must pre-register, limit 4 shirts)

\_\_\_\_ Fun Run by 11/16: \$15; race-day: \$20

\_\_\_\_ Extra T-shirts: \$10 ea \_\_\_\_\_

\_\_\_\_ Extra cookout ticket: \$5 ea \_\_\_\_\_

\_\_\_\_ Total Payment

**For family paper registration: complete one form per participant & submit together.**

**Additional or non-runner donation \$** \_\_\_\_\_

**Make checks payable to: Sacred Heart Athletic Dept.**

SHCS Athletic Dept.  
711 S. Northshore Dr.  
Knoxville, TN 37919  
Attn: Scott Barron

**ATHLETE'S RELEASE: PLEASE READ. TO RUN THE RACE, YOU MUST SIGN AND DATE IT.**

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my family, my heirs, executors, and administrators, forever waive, release & discharge any and all rights & claims for damages & causes of suit or action known or unknown, that may have against Sacred Heart Parish & School, The City of Knoxville, Total Race Solutions and Run & See Tennessee Grand Prix, and all other political entities, all independent contractors & construction firms working on or near the course, all race Officials & Volunteers, & all sponsors of the race and sponsors to come, & related Race Events & their officers, directors, employees, agents & representatives, successors, & assigns, for any and all injuries that may be suffered by me in this event. I attest that I am physically fit, am aware of the dangers & precautions that must be taken when running in warm or cold conditions, & have sufficiently trained for the completion of this event. I also agree to abide by any decision of an appointed medical official relative to my ability to safely continue or complete the run. I further assume and will pay my own medical & emergency expenses in the event of an accident, illness or other incapacity regardless of whether I have authorized such expenses. Further, I hereby grant full permission to Sacred Heart Cathedral School to use any photographs, videotapes, motion pictures, recording, or any other record of this event for any legitimate purpose at any time. I further understand that there are no entry refunds, exchanges, transfers or rollovers, and that the event may be cancelled due to severe weather conditions, natural disasters, or threats to local and national security including suspected terrorist activity. I understand if I use a MP3 player, IPOD, headset, cell phone or other electronic device while participating in the event, I will do so in a reasonable way using common sense and awareness of those around me. I have read this waiver carefully & understand it.

\_\_\_\_\_  
Athlete's Signature (if under 18, parent's signature), Date

