



4 Mile Race

Part of the Soles of the City Ladder Series



Date, Time and Place: Sunday, August 10, 2014 7:30 AM DST Vol Landing

Course Description: Out and back course on Neyland Drive. Beginning and ending at Vol Landing (USATF Cert # TN13056MS)

Registration and Fees: Paper Entry: (postmark by August 4, 2014) \$25 Adults/\$10 Student<19 (postmark after August 4, 2014 and Day of Race) \$30 Adults/\$10 Student<19 **Event Online Registration Available NO TRANSACTION FEE TO PARTICIPANT**

<http://www.runnerreg.net/search/event.aspx?id=24824> \$25 adults/\$10 Student<19 Online Registration day of race \$30 Adults/\$15 Student<19 Preregistration and packet pickup will be at Fleet Feet in Turkey Creek Wednesday, August 6, 2014 2 PM to 6 PM and at Runner's Market in Western Plaza Thursday, August 7, 2014 2 PM to 5 PM.

Shirts: Gildan Ultra Cotton. No T-Shirt Option Deduct \$2.00. Adult XXL Add \$2.00

Awards: Top M/F Overall Finisher, Top M/F Master, Grandmaster, and Veteran Finisher. Awards Three Deep to M/F finishers in Age Group 1-10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80+ (overall winners not eligible). 1st place team

Cash Prizes: Random drawings for cash prizes.

TN Grand Prix: This Event is part of The Run and See Tennessee Grand Prix Series.

Questions: Ron Fuller at 865-300-3473 ron.fuller@totalracesolutions.com or www.totalracesolutions.com

Please Check Mark or Complete Appropriate Entries One Form Per Participant

Last Name: _____ First Name: _____

Age: ___ DOB: ___/___/___ Gender: ___ M ___ F Email Address: _____

Street Address: _____ Zip Code _____

Emergency Contact: _____ Emergency Phone # _____

Adult Shirt: ___ No Shirt (Deduct \$2.00) ___ S ___ M ___ L ___ XL ___ XXL (\$2.00 Up Charge) Youth Shirt: ___ YS ___ YM

Fee: Adult ___ \$25 Student<19 ___ \$10 (postmark by August 4) Adult ___ \$30 Student <19 ___ \$10 (postmark after August 4 and DOR)
 Shirt: ___ No Shirt (Deduct \$2.00) ___ Adult XXL (Add \$2.00)

Team Name _____

Total Amount Enclosed: \$ _____ Check Payable to Soles of the City and Mail to: TRS PO Box 30667 Knoxville, TN 37930-0667

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 we may have against The Soles of the City 4 Mile Race, Total Race Solutions, the Run and See Tennessee Grand Prix, RunnerReg, Soles of the City Running Club, the City of Knoxville, USA Track and Field, and all other political entities, all independent contractors & construction firms working on or near the course, all event officials & volunteers, & all sponsors of the race, & 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 The Soles of the City 4 Mile Race, Total Race Solutions, the Run and See Tennessee Grand Prix, RunnerReg, Soles of the City Running Club, and/or agents hereby authorized by them, to use any photographs, videotapes, motion pictures, recording, or any other record of this event for any legitimate purpose at any time. By furnishing my email address, I acknowledge that I authorize The Soles of the City 4 Mile Race, Total Race Solutions, the Run and See Tennessee Grand Prix, RunnerReg, and Soles of the City Running Club to include me on mass emails concerning The Soles of the City 4 Mile Race, or any Total Race Solutions, Run and See Tennessee Grand Prix, RunnerReg or Soles of the City Running Club event. I understand that my personal data will not be shared with any other entity without my express written approval and that I may opt out of receiving these emails 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 an MP3 player, IPOD, headset, cell phone or other electronic device while participating in the event, I will do so in a reasonable manner using common sense and awareness of those around me. I agree that the laws of the state of Tennessee apply to this contract and waiver and that the only proper venue for any legal action is Knox County Tennessee. I have read this waiver carefully & understand it.

Signature: _____ (Parent/Guardian if Under 19)

Date: _____