

The 10K Rocket Run:

The Fastest 10K in Tennessee



\$1000 Prize Purse

SPONSORED BY



KRAMER RAYSON LLP
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OFFICIAL ENTRY FORM

10K Run and 3K Fun Run/Walk

Sponsored by The Appalachian Bear Rescue

Saturday, August 16, 2008 – Townsend Visitors Center
10K and 3K @ 8:00 AM

Directions to Townsend Visitors Center-

From Knoxville: I-40 W to Exit 386B (Alcoa Hwy, US-129-S). Continue down Alcoa Hwy and merge left toward Maryville (US- 411-N) and Townsend (US-321-N). Continue N on Hall Rd (US-35-S). Continue on S Washington St. (US-411). Continue on Lamar Alexander Pkwy (US- 321). End at **7906 E. Lamar Alexander Pkwy., Townsend, TN 37882.**
From Newport: W on Broadway (US-25). Merge left onto Newport Hwy (US-411). Left onto Parkway. Right on McGill St. Right on Wears Valley Rd. (US-321). Turn Right to follow Hwy 321. End at **7906 E. Lamar Alexander Pkwy., Townsend, TN 37882.**

10K Course Low-elevation, scenic route through Townsend, Tennessee.

3K Fun Run/Walk Walk or run on the bike path in Townsend, Tennessee.

REGISTRATION & FEES

10K Pre-registration= \$25/Person – BEFORE AUGUST 12TH. Race Day Registration= \$30/Person.

3K Pre-registration= \$15/Person – BEFORE AUGUST 12TH. Race Day Registration= \$20/Person.

Make checks payable to Appalachian Bear Rescue. All proceeds for the event will support the Appalachian Bear Rescue and its mission.

T-SHIRTS Pre-registered participants will receive a T-Shirt the day of the event.

AWARDS

10K Both male and female. **18-35:** 1st (\$150) 2nd (\$95) 3rd (\$60) 4th (\$30) 5th (\$15). **35-45:** 1st (\$60) 2nd (\$30) 3rd (\$15). **46-55:** 1st (\$30) 2nd (\$15). **56+:** 1st (gold medal) 2nd (silver medal) 3rd (bronze medal).
Awards must be picked up during the ceremony.

For additional information contact **Appalachian Bear Rescue** at
(865) 448-0141 or visit **www.appalachianbearrescue.org**.

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2008

ONE ENTRANT PER FORM. Copy this form as needed. Complete & mail form with entry fee to: Appalachian Bear Rescue / 10K Rocket Run: PO Box 364, Townsend, Tennessee, 37882. Make checks payable to Appalachian Bear Rescue. No Refunds.

PLEASE CHECK YOUR EVENT:

10K ROCKET RUN 3K FUN RUN/WALK

Name: Last _____
First _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: (_____) _____

Gender: Male Female

Age: _____ Birthday: _____ / _____ / _____

Adult T-Shirt Size (for pre-registered participants only):

Small Medium Large X Large

In Case of Emergency Contact:

Name: _____

Phone Number: _____

RELEASE TO PARTICIPATE IN THE RACE YOU MUST SIGN AND DATE THE FOLLOWING:

I know that running, walking, and volunteering to work in road races are potentially hazardous activities. I should not participate in the 10K ROCKET RACE or the 3K FUN RUN/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, walking and/or volunteering to work in the aforementioned race, including, but not limited to falls, contact with other participants, the effects of weather, including heat and humidity, the condition 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 the APPALACHIAN BEAR RESCUE, members thereof, The Tombras Group, Jackson Mountain Homes, Inc., Kramer Rayson, LLP, Friends of Great Smoky Mountains National Park, and all FURTHER SPONSORS, their representatives and successors from all claims or liabilities of any kind arising out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the foregoing to use any photograph, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature _____

Date _____

