

The YMCA of East Tennessee & Union County Youth Wellness Programs proudly present



# Ridge Runner 5K & 1 Mile Fun Run

**DATE TIME PLACE:** Saturday, **April 27, 2019. 9am & 9:15am.** Starts/finishes at Big Ridge State Park on state hwy 61 between Norris and Maynardville.

**COURSE DESCRIPTION:** The 3.1 mile course is a beautiful trail run & the 1 mile fun run is a simple asphalt course.

**DIRECTIONS:** Take I-75 to exit 122, then follow Highway 61 east for approximately 12 miles. Park entrance is on the left. GPS junkies, look for 1015 Big Ridge Park Rd, Maynardville, TN 37807. Latitude, Longitude: 36.26138, -83.92165.

**REGISTRATION & FEES:** \$25 5K Preregistration & on-line registration. \$30 race day registration. \$10 - 1 mile Fun Run preregistration & on-line registration. \$15 -1 mile Fun Run race day registration. Race Fee will be waived for Union County students. On-line registration available at [www.ymcaknoxville.org](http://www.ymcaknoxville.org).

**\*All Fees go to the Y for improving health & wellness programs & education for school age kids.**

**T-SHIRTS:** T-shirts guaranteed to participants registered before April 1st.

**RACE NUMBER PICK UP:** Numbers will not be mailed. Pick up number at race site 60 minutes before the start.

**AWARDS & REWARDS:** Medals given to the top 3 male & females in each age category. Ribbons given to all 1 mile fun run participants. The Union County School with the most participants receive the winner's plaque for the year & bragging rights.

**RESULTS:** results will be available on the following websites: [www.ymcaknoxville.org](http://www.ymcaknoxville.org)

**COURSE ETIQUETTE:** Due to insurance regulations & narrow paths, no headsets, earphones, bicycles, baby strollers, roller blades, or pets on the **5K** course. \*Strollers are allowed on the fun run course.\*

**SAFETY:** Aid & water stations will be available.

**INFO FOR RUNNING OR VOLUNTEERING:** Contact Race Director Jared Daugherty (865)922-9622 or [jdaugherty@ymcaknoxville.org](mailto:jdaugherty@ymcaknoxville.org)

## OFFICIAL 2019 RIDGE RUNNER 5K & 1 MILE FUN RUN FORM

Race: \_\_\_\_\_ 5K  
\_\_\_\_\_ 1 mile

Name: \_\_\_\_\_  
Last \_\_\_\_\_  
First \_\_\_\_\_

Sex (circle one)    male        female

Age \_\_\_\_\_  
Birthdate Mo. \_\_\_\_\_ Day \_\_\_\_\_ Yr. \_\_\_\_\_

T-shirt Size (circle one)  
Youth: S M L    Adult: S M L XL XXL

School: \_\_\_\_\_

Fill Out Completely and Mail with Entry Fee to:

North Side YMCA Attn: Jared Daugherty

Ridge Runner 5K

7609 Maynardville Hwy

Knoxville, TN 37938

Make checks payable to:

YMCA of East Tennessee (No refunds)

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (    ) \_\_\_\_\_ - \_\_\_\_\_ E-mail \_\_\_\_\_

Emergency contact \_\_\_\_\_ Phone(    ) \_\_\_\_\_ - \_\_\_\_\_

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

You release The YMCA of East Tennessee, its officers, directors, board members, employees, volunteers, agents, independent contractors, other participants, and/or others acting on its behalf (collectively, "YMCA"). You agree that this release is effective immediately (in compliance with all applicable laws of state of TN only). I fully understand and agree that in participating in one or more of the programs, or using the facilities that shall be maintained by the YMCA, there is the possibility of accidental or other physical injury. I agree to assume the risk of such injury to me or my minor child(ren), and further agree to release, hold harmless, and identify the YMCA from any and all liability attributable to the YMCA by either myself, my minor child(ren), or Third Parties as a result of my or my minor child(ren)'s use of the facilities and/or instruction as offered by the YMCA.

I give my permission to the YMCA of East Tennessee to use limitation and obligation, photographs, film footage, or tape recordings which may include my image or voice for the purposes of promotion or interpreting YMCA programs.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_