

BUTTERFLIES for HOPE

Date, Time & Place: 5k Run/Walk: Friday, April 6 Bike Ride: 62, 50, and 25 mile bike ride options Saturday, April 7

Course Description:

5k—6pm start; Flat course from Roane State Community College, 701 Briarcliff Ave., Oak Ridge 37830. USTF Certified course. Walkers welcome—run/walk at your own pace. Age group awards and post race refreshments at National Fitness.

Ride—noon start from Hot Bagel in Manhattan Place Shopping Center, 1155 Oak Ridge Turnpike, Oak Ridge 37830. 50 and 62 mile routes are rolling loops through Roane and Anderson Counties, ranging north over Norris Dam. Fully supported rides, with two rest stops. 25 mile route is a fairly flat loop around residential Oak Ridge.

Pre-ride refreshments provided by Hot Bagel, with post race food provided by Oak Ridge area restaurants. Beer provided by Knoxville Brewery. Participants receive official race towel and water bottle.

Both events benefit the Fight Against Lupus. Lupus is a chronic, autoimmune disease that causes inflammation can damage major organs, such as heart, lungs, kidneys, skin and brain. Ninety percent of those diagnosed with lupus are women between the ages of 15 and 44, but lupus also occurs in children, teens and men. Finding the cause, the cure and new treatments for lupus is a complex and challenging process and we thank you for your support.

Registration & Entry Fee:

5k Run/Walk: Online: Early (Before April 2, 2012) \$22 adults. (April 2-5) \$27
 Paper Entry: (Before April 2, 2012) \$25 adults. (April 2-5) \$30, Race Day Registration \$35
 Bike Ride: Online: Early (Before April 2, 2012) \$35 adults. (April 2-5) \$40
 Paper Entry: (Before April 2, 2012) \$40 adults. (April 2-5) \$45, Race Day Registration \$50
 Combo (both bike and run): Online: Early (Before April 2, 2012) \$45 adults. (April 2-5) \$50
 Paper Entry: (Before April 2, 2012) \$50 adults. (April 2-5) \$55, Race Day Registration \$60

Online Registration and more info available at www.butterfliesforhope.edgereg.com

Information: Contact Martin Coleman - martin@racedayevents.net

----- entry form • Detach Here • Machine copies accepted -----

Last Name										First Name and Middle Initial									
Age:	<input type="text"/>	<input type="text"/>	Birthdate:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Sex:	<input type="checkbox"/>	<input type="checkbox"/>	T-Shirt Size:	<input type="text"/>	or	Child T-Shirt Size:	<input type="text"/>		
			Month		Day		Year			Male		Female				S, M, L, XL, XXL			
Mailing address																			
City										State/Prov		Zip/Postal Code							
Area Code		Telephone		E-Mail Address															
Emergency Contact Last Name										First Name									
Area Code		Telephone																	

Fill Out And Return To (Please make checks payable to Lupus Foundation): Hot Bagel, 1155 Oak Ridge Turnpike, 37830

Athlete's Release - Please Read Carefully: I know that running, riding, and volunteering to work in road races are potentially hazardous activities. I should not enter the Butterflies for Hope Event unless i am medically able and properlytrained. I understand that my entry fee is non-refundable and race numbers are non-transferrable. I agree to abide by any decision of the race director relative to my ability to safely complete the run. I assume all risks associated with running and/or volunteering to work the aforementioned race, including but not limited to falls, contact with participants, weather, including high heat or humidity, the conditions of the course and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and release and knowing these facts, and in anyone entitled to act on my behalf, waive and release the City of Oak Ridge, Race Day Events, and EdgeReg, and all participating sponsors, their representatives, successors, from all claims of liability of any kind arising out of my participation in the aforementioned event, even though that liability may arise 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, recording, or any other recording of this event for any legitimate purpose.

Signature

Date

Parent/Guardian if under 18

(Please fill out a form for each participant)