



Secret City 5K for Haiti

A charity event to bring desperately needed medicine to the people of Haiti

7:30 AM Saturday April 22, 2017

All race proceeds are used to purchase vitamins, supplements, and medicines for three clinics in the St. Louis du Nord region and to pay salaries for Haitian nurses at these clinics.

LOCATION: Oak Ridge Marina 697 Melton Lake Dr., Oak Ridge, TN 37830 – **!This is a new location for 2017!**

DIRECTIONS: From Knoxville: Pellissippi Pkwy to Edgemoor Rd, left on Melton Lake Dr. or Clinton Hwy to Edgemoor Rd, right on Melton Lake Dr. From Clinton: Hwy 61 to Oak Ridge, left on Melton Lake Dr.

COURSE: Certified (TN 2025), fast, flat, asphalt paved 5 k (3.1mi.) event on road and paved path

<p>Prize Divisions:</p> <p>Top three overall male / female 1st place male / female masters 1st place male / female seniors 1st place male / female veterans 1st place in all other divisions 2nd and 3rd in all divisions</p>	<p>Divisions: Open, Masters (40+), Seniors (50+), Veterans (60+)</p> <p>Age Groups: <15, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, and 70+</p> <p><i>Overall winners not eligible for age group divisions</i></p>
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ENTRY: Runners and walkers: **\$20 if postmarked by April 2nd, 2017. \$25 after April 2nd, 2017** and on race day. Youths (18 and under) \$15. Register online at <http://www.imathlete.com/events/SC5K4H2017> To be **guaranteed a T-shirt, register by April 2nd**. Race-day registration for runners and walkers is from 6:00-7:00am. For more information, please contact Peggy Gruzalski: PeggyG211@gmail.com. Go to website for more information: <http://www.oakridgetrackclub.org/>

ENTRY FORM: Secret City 5K for Haiti – 7:30 A.M. SATURDAY April 22, 2017

Make check payable to ORTC

Mail to: *Secret City 5K for Haiti*, 118 Monticello Rd. Oak Ridge, TN 37830
\$25.00 if postmarked on or before 4/02/17 or \$25.00 after that and on race day.

PLEASE PRINT

Event (Please mark one): **5K Run** _____ **5K Walk** _____ **Sex:** (circle) **M** **F**

Shirt Size: (circle one) **S** **M** **L** **XL** **XXL** (add \$2.00 for XXL)

Name: (Last) _____ (First) _____ **Age:** (day of race) _____

Phone: _____ **E-Mail Address** _____

Address: _____ **City** _____ **State** _____ **Zip** _____

Emergency Contact: _____

*******ATHLETE'S RELEASE*******

*******ALL PARTICIPANTS: READ, UNDERSTAND, SIGN AND DATE THIS FORM*******

I know that running in races is potentially hazardous and that I should not enter and run in the *Secret City 5K for Haiti 2017* unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run or walk safely. I assume all risks associated with running in the aforementioned race, including but not limited to falling, contact with other participants, the effects of weather, 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 for anyone entitled to act on my behalf, waive and release Oak Ridge Track Club, St. Mary's Catholic Church, the City of Oak Ridge, and all other sponsors, their representatives, and successors from all claims of liabilities 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 attest and verify that I am physically fit and sufficiently trained to participate in this event. I also hereby grant permission to all the foregoing to use photographs, motion pictures, recordings, and any other records of this event for any legitimate purpose.

Athlete's Signature

Date

Parent's Signature (if entrant is under 18 years old)