



# 2019 SPRING SPRINT

## 5K RUN & 1 MILE FUN RUN/WALK

SATURDAY, APRIL 13, 2019

8:30 A.M. - 5K RUN 9:15 A.M. - 1 MILE FUN RUN/WALK

A portion of the proceeds to benefit the  
**Blount County Special Olympics**

Race sponsored by:  
**Brookfield**



**DATE, TIME, PLACE:** Saturday, April 13, 2019 - 5K Run 8:30 AM, 1-Mile Walk 9:15 AM Springbrook Rec. Center, 1537 Dalton St., Alcoa, TN 37701

**CHECK-IN:** 7:15 - 8:00 a.m. the day of the race

**REGISTRATION & ENTRY FEE:** Individuals may register at Parks & Rec. at 316 S. Everett High Rd in Maryville *or online* at <https://runsignup.com/Race/TN/Alcoa/SpringSprintTN> as follows:

**Fee includes a T-shirt, add \$2.00 for XXL \$2.00 Discount for No shirt.**

**5K Race:** Students (18 & under): \$20.00 thru 4/8/19 4/9 thru day of race \$25.00  
Adults: \$25.00 thru 4/1/19 4/2-4/8/19 \$30.00 4/9 thru day of race \$35.00

**1 Mile Fun Run/Walk:** (Non-chipped time & designated bibs not allowed in 5K)

\$12.00 thru 4/8/19 4/9 thru day of race \$17.00

Register for all 3 races of the Triple Crown prior to the Spring Sprint & receive a \$5 discount off the entry fee of each event. Go to <https://runsignup.com/Race/TN/Maryville/MaryvilleParksandRecTripleCrownofRunning> to register.

**Race Packet Pick-up**  
Thursday, April 11th 6-8 PM at  
Dick's Sporting Goods at  
Hamilton Crossing or day of at race

**AGE DIVISIONS:** Male: 8 & under, 9-11, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & up  
Female: 8 & under, 9-11, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & up  
Overall: Male & Female Masters: Male & Female (40 & older)

**T-SHIRTS:** All runners will receive a quality, cotton/poly blend T-shirt. Shirts will be available on the day of the race for day-of-race entries as long as supplies last. Those who do not get their packets on race day may pick them up at the Parks & Rec. office up to 2 weeks after the race.

**AWARDS/PRIZES:** An awards ceremony will be held on site immediately following the race at approximately 9:30 a.m. Awards will be given to the top three finishers in each age group. All Fun Run/Walk participants will receive a ribbon. *Race participants will be eligible for nice door prize drawings immediately following the 5K race.*

**GENERAL INFORMATION:** No baby strollers, bicycles, roller blades or dogs are allowed to be used by any participant during the race. The use of headsets is not recommended due to traffic on race route.

Refreshments will be served immediately following the race for all registered participants.

For more information regarding this race or the Triple Crown of Running, please contact the Parks & Rec. office at (865) 983-9244.

**RACE ROUTE:** The 5K course starts and ends at Springbrook Rec. Center. The route goes along Alcoa Rd. to Mill St. to Faraday, right on Springbrook Rd., left on E. Edison, left on Wright, left on Vose, then continues on Faraday, Lodge and back to Alcoa Rd. to the finish line. The course is rolling and winds through a quiet neighborhood. Course/Finish line closes one hour from start time.

**DIRECTIONS:** From Knoxville, take 129 South to Wright Road (at Shoneys on left just before airport). Make a left onto Wright Road and go through two traffic lights. Make a right onto Alcoa Road. Springbrook Recreation Center will be on your left.

Detach and return form with check or money order to:  
Parks & Rec. Attn: Spring Sprint, 316 S. Everett High Rd., Maryville, TN 37804  
*or register online @ <https://runsignup.com/Race/TN/Alcoa/2017SpringSprint>*  
Check should be made payable to Parks & Rec.

Race No.

*For office use only*

### 2019 SPRING SPRINT 5K RUN & 1 MILE FUN RUN/WALK ENTRY FORM

Last Name \_\_\_\_\_ (please print clearly) First Name \_\_\_\_\_ Sex \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

Birthdate: \_\_\_\_ - \_\_\_\_ - \_\_\_\_ Age as of April 13, 2019 \_\_\_\_\_ 5K Run \_\_\_\_ 1 Mile Run/Walk \_\_\_\_  
(month) (day) (year)

Shirt Size: (Circle one) YOUTH: YSM YMED YLG ADULT: SMALL MEDIUM LARGE X-LARGE XX-LARGE\* NO SHIRT

**5K Race:** Students (18 & under): \$20 thru 4/8/19 4/9 thru day of race \$25 \*Add \$2.00 to entry fee for XX-Large shirt orders.  
Adults: \$25 thru 4/1/19 4/2-4/8/19 \$30 4/9 thru day of race \$35 \$2.00 Discount for No shirt. \*Additional discounts above.

**Mile Fun Run/Walk:** (Non-chipped time & designated bibs not allowed in 5K) \$12.00 thru 4/8/19 4/9 thru day of race \$17.00

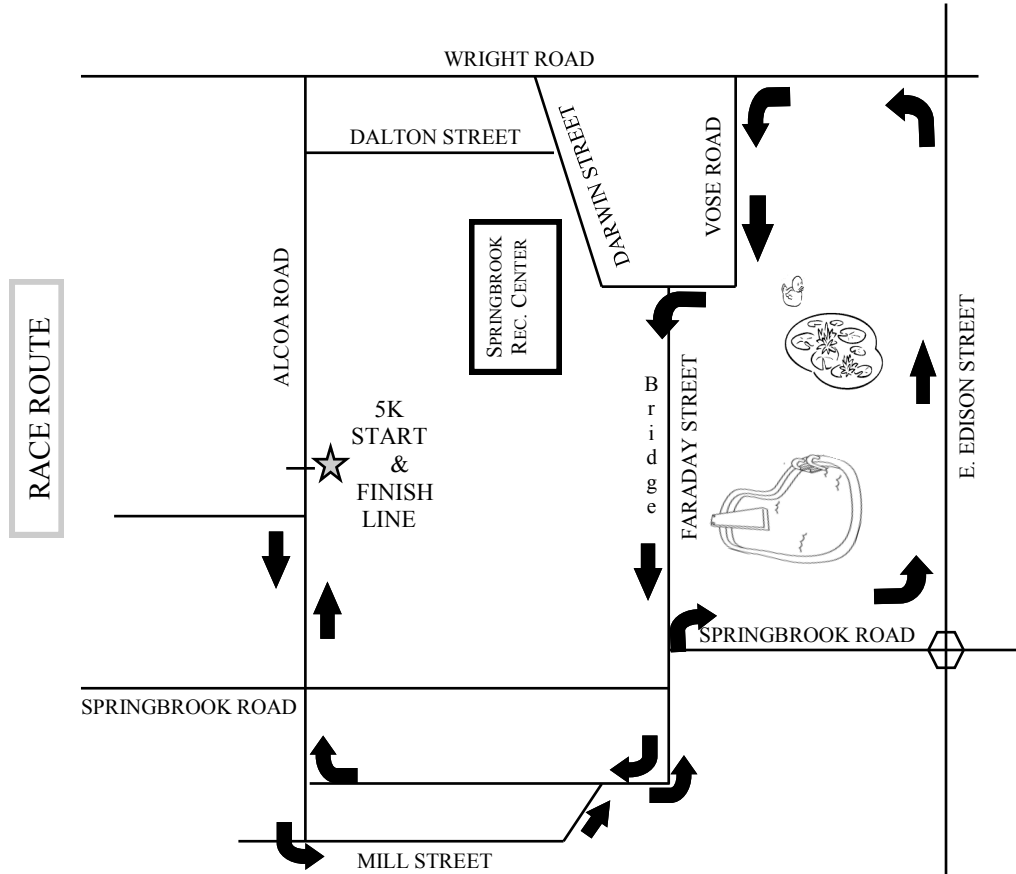
Emergency contact \_\_\_\_\_ Phone \_\_\_\_\_

**ATHLETE'S RELEASE** In consideration of you 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 Spring Sprint, Total Race Solutions, Inc, Run Sign Up, Maryville-Alcoa-Blount County Parks & Recreation Commission, 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 Spring Sprint, Total Race Solutions, Run Sign Up, Maryville-Alcoa-Blount County Parks & Recreation Commission 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 Spring Sprint to include me on mass emails concerning the Spring Sprint or any Total Race Solutions, Inc, Maryville-Alcoa-Blount County Parks & Recreation Commission, or Run Sign Up event. I understand that my personal data will not be shared with any other entity without my express written approval. 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 a 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 Blount County. I have read this waiver carefully & understand it.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(If under 18 years of age, Parent's signature)

# SPRING SPRINT

## 5K COURSE



# SPRING SPRINT

## 1 MILE FUN RUN/WALK COURSE

