



HEALTHY BLOUNT
TRIPLE CROWN
OF RUNNING

Proceeds are to fund two annual scholarships sponsored by the Foothill Striders, Inc.

FOOTHILL STRIDERS 34TH ANNUAL **Second Leg of the**
Scholars RUN 2010 **Healthy Blount Triple**
Crown of Running

5K Run & 1 Mile Fun Run/Walk



Blount Heart Consultants
A member of the Blount Memorial Physicians Group

GENERAL INFORMATION

DATE:

• **Saturday, August 14, 2010**

LOCATION:

• **Physical Education Building, Maryville College**

CHECK-IN:

• **6:45 – 7:30 a.m.**

RACE TIME:

• **8:00 a.m. – 5K Run**

• **8:05 a.m. – 1 Mile Fun Run/Walk**

REGISTRATION & ENTRY FEE. Individuals can **pre-register** in person at the Parks and Recreation Office located at: 316 S. Everett High Road, Maryville, TN 37804 through Thursday, August 12, 3 p.m. Fee includes a race T-shirt. *(Please add \$1.50 for XXL shirt orders.)*

• **Pre-Registration closes Thursday, August 12, 3 p.m.**

• **Pre-registration fee: \$15**

• **Day of Race Registration Fee: \$18**

• **Or register online by August 12, 2 p.m. eastern at www.parksrec.com**

CORPORATE & SCHOOL GROUP CHALLENGE. Each team consists of at least 3 members. The 3 fastest times will be added together to form the team score. Runners may register separately but must enter a corporation or school group name in the appropriate blank on the entry form. Entry fee for team members is \$15 preregistration. **Teams must pre-register.**

THE COURSE. 5K Course includes area city streets. Split times will be provided at each mile. The **1 Mile Fun Walk/Run** is situated entirely on the Maryville College campus.

AGE DIVISIONS

Male	11/under	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 & over
Female	11/under	12-15	16-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65 & over	
Overall	Male & Female													
Masters	Male & Female (40 & over)													

T-SHIRTS. All runners will receive an attractive, high-quality T-shirt (race day guarantee to pre-registered runners). Shirts will be available on the day of the race for day-of-race entries, as long as supplies last. Those who do not receive a shirt on race day may pick up a shirt at the Parks & Recreation office approximately two weeks later.

take place immediately following the 5K and 1 Mile Fun Run/Walk. Plaques will be awarded for the top corporate/school groups.

AWARDS AND PRIZES. An awards ceremony will be held on-site immediately following the race (approximately 9 a.m.). Special awards will be given to the top three finishers in each age group and to the male/female Overall and Masters winners in the 5K. All Fun Run/Walk participants will receive a ribbon. All race participants will be eligible for free door prize drawings which will

OTHER INFORMATION. No baby strollers, bicycles, roller blades, dogs or use of headsets are allowed.

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 Parks & Recreation at 865-983-9244. Access results at www.parksrec.com

2010 SCHOLARS RUN ENTRY FORM

Detach and return form with check or money order (made payable to **Foothill Striders**): **ATTN: Parks & Recreation, Scholars Run, P.O. Box 789, Alcoa, TN 37701-0789** or register online at: **www.parksrec.com**

RACE Number	
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PLEASE PRINT CLEARLY
LAST NAME _____ FIRST NAME _____

For office use only

SCHOOL GROUP _____

CORPORATION NAME _____

SEX _____

STREET ADDRESS _____

BIRTHDAY

CITY _____ STATE _____ ZIP _____ PHONE (____) _____

Month _____ Day _____ Year _____

I WILL RUN IN THE: _____ 5K _____ 1 MILE

AGE AS OF AUG 14, 2010:

PRE-REGISTRATION FEE: \$15 (BEFORE 8/12/10, 3PM) \$18 (DAY OF RACE)

T-SHIRT SIZE: (CIRCLE SHIRT SIZE): **S M L XL XXL** (Please add \$1.50 to entry fee for XXL shirt order.)

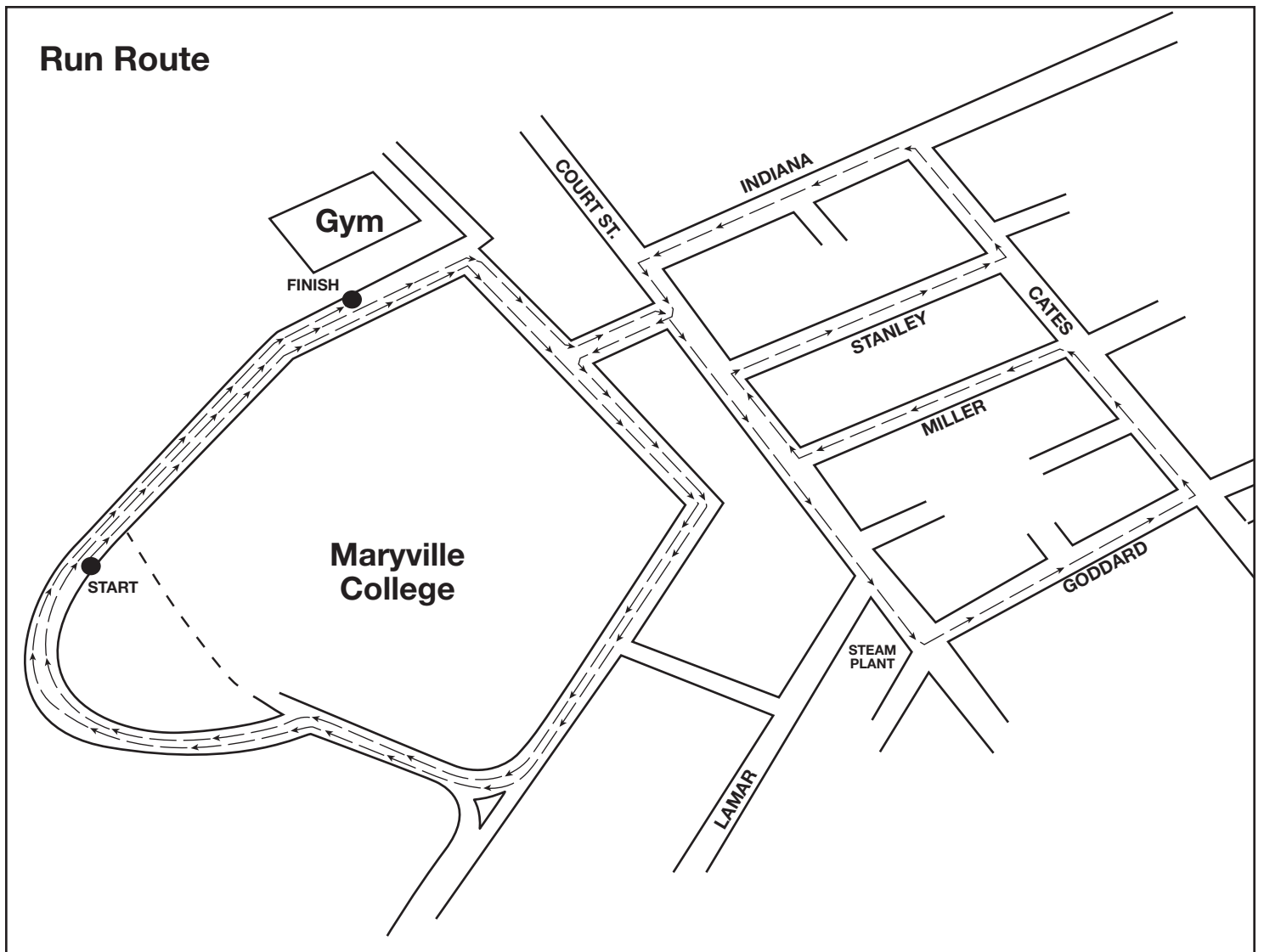
EMERGENCY CONTACT _____ PHONE (____) _____

ATHLETE'S RELEASE: I know that running in road races is a potentially hazardous activity. I should not enter and run in this race unless I am medically able and properly trained. I assume all risks associated with running in this road race, including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions 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 Foothill Striders, Parks & Rec, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the race even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant my permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

SIGNATURE _____

DATE _____

(If under 18 years of age, parent's signature required)



Note: Runners will complete the campus loop once, exit the campus to area streets and then return to campus to complete the loop.