



**Joggin' For The Noggin' 5K Run/Walk to Benefit The Crumley House**

Crumley House, 300 Urbana Road, Limestone, TN

**3/7/2015**

10:00 a.m. 5K Run/Walk hosted by Crumley House in Limestone, Beautiful and scenic course starting and finishing at The Crumley House. Very nice shirt and post-race pancake breakfast! Professional race management and electronic timing by We Run Events. The Crumley House is a rehabilitation center to help ease the burden and provide services to both children and adults who fall victim to traumatic brain injury.

**Pre-Registration:** \$25 by Feb. 26<sup>th</sup> (ends 2/26/15)      **I Regular** \$30 after Feb. 26<sup>th</sup>  
**I Registration:** Packet pickup and late registration  
 - Mar 6<sup>th</sup>, 1pm – 7pm, Foot Rx in Johnson City  
 - Mar 7<sup>th</sup>, 8:30am – 9:30 am, Crumley House

**Make Checks Payable to:** The Crumley House

**Mail this form to:** The Crumley House, 300 Urbana Road, Limestone, TN 37681

Headphones are permitted on the course | Strollers are permitted on the course

For more info contact Larry Kyte, <a href="mailto:larry@crumleyhouse.com">larry@crumleyhouse.com</a> 423-483-8764	<b>Joggin' for the Noggin'</b>	<b>5K Walk (Untimed)</b>
	<b>Male &amp; Female Awards:</b>	<b>Male &amp; Female Awards:</b>
	Top Overall	<b>Age Groups (Top 3)</b>
	<b>Age Groups (Top 3)</b>	Untimed walk, no awards
	12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & up	

**Joggin' for the Noggin' 5K Run/Walk to Benefit The Crumley House**

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ MI \_\_\_\_\_

SEX \_\_\_\_\_ DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_ AGE ON RACEDAY \_\_\_\_\_

E-MAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

RACE DAY EMERGENCY CONTACT (Name and Phone) \_\_\_\_\_

**\*\*\* Circle Event:** Joggin' for the Noggin' 5K Run or Walk (untimed)      **\*\*\* Circle T-Shirt Size:** SM, MD, LG, XL, XXL

**IN CONSIDERATION FOR ACCEPTING MY ENTRY IN THIS RACE, I FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE ORGANIZERS AND SPONSORS OF THIS EVENT. I ALSO RELEASE THE ABOVE NAMED FOR ALL CLAIMS OF DAMAGE DEMANDS, AND ACTIONS IN ANY MANNER DUE TO ANY PERSONAL INJURIES, PROPERTY DAMAGE, OR DEATH SUSTAINED AS A RESULT OF MY TRAVELING TO AND FROM AND MY PARTICIPATION IN SAID RACE, I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPETITION OF THIS EVENT. IN FILLING OUT THIS FORM I ACKNOWLEDGE I HAVE READ AND FULLY UNDERSTAND MY OWN LIABILITY AND ABILITY.**

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_/\_\_\_\_/\_\_\_\_ (Parent sign if under the age of 18)