



**EVENT DATE:** Saturday, March 26, 2022  
**EVENT TIME:** 10:00 AM EST  
**EVENT LOCATION:** THE CRUMLEY HOUSE  
 300 Urbana Road  
 Limestone, TN 37681  
 423.257.3644  
 crumleyhouse.com

We invite you to join us for **The 2022 Crumley House Joggin' for the Noggin! 5K Run/Walk**. With a majestic Appalachian Mountain backdrop, it's the perfect fun/fit event to usher in Spring. The event includes an event T-shirt for **pre-registered competitors**, awards ceremony, gift bag and more. Proceeds benefit The Crumley House, a 501(c)(3) non-profit organization that provides services to those that have acquired and survived a traumatic brain injury.

**(Save \$5) Early-Registration:** \$25 now through 3/18/22      **Standard Registration:** \$30 on and after 3/19/2022  
 You may register online at crumleyhouse.com or werunevents.com, or complete this entry form and submit via US Mail.

**Packet Pick-up and Registration:**

Friday, March 25:      3 PM to 6 PM at Fleet Feet Sports      (1735 W State of Franklin Rd, Johnson City, TN)  
 Saturday, March 26:      8:30 AM to 9:30 AM at The Crumley House      (300 Urbana Road, Limestone, TN)

**Make checks payable to:** The Crumley House  
**Mail this form w/payment to:** The Crumley House, 300 Urbana Road, Limestone, TN 37681  
**Notes:** Headphones | Strollers | Dogs are permitted on this course

<b>For more information please contact:</b>  Ben Trout bent@crumleyhouse.com 423.794.9333	<b>5K Run</b> <b>Male &amp; Female Awards:</b>  Top Overall	<b>5K Walk (Untimed):</b>  No Awards
	<b>Age Groups (Top 3):</b> 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over	

**Joggin' For The Noggin! 5K Run/Walk Benefitting The Crumley House**

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ MI: \_\_\_\_\_  
 GENDER: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_/\_\_\_\_/\_\_\_\_ AGE ON RACEDAY: \_\_\_\_\_ EMAIL: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ PHONE (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
 RACE DAY EMERGENCY CONTACT (NAME AND PHONE): \_\_\_\_\_

\*\*\* **CIRCLE EVENT:** 5K Run | 5K Walk (Untimed)      \*\*\* **CIRCLE 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 signature if under the age of 18)