

Saturday, Oct. 17

Tornado Twist



5K

Run / Walk

2nd Annual

& 1K Tornado Kids Challenge

Race Date and Time: Saturday, October 17, 2015, 8:30 a.m. – 5K // 9:30 a.m. – Kids 1K Race

(Registration from 7:30–8:15 a.m.)

Location: Alcoa High School football stadium (Goddard Field)

Entry Fees: \$15.00 (Adults) // \$10.00 (Students age 18 and under) (Received by Oct. 10)

Late Registration (received Oct. 11 through race day): \$20.00 (Adults) // \$15.00 (Students)

Online Registration at <http://knoxvilleyouthathletics.org/meetsraces>

(Choose *Tornado Twist 5k* from drop down menu)

Or mail registration forms and payment to:

Tornado Twist 5K, Attn: Chris Frary

Alcoa High School, 1205 Lodge Street, Alcoa, TN 37701

Note: Checks payable to **AHS Track & Field**

T-shirts: Guaranteed to all runners registered through Sat., Oct. 10. Late registrants as supplies last

EVENTS: 5 kilometer run/walk. The 3.1 mile course will begin behind the new Alcoa High School and will wind through all of the campuses of the Alcoa City School system before finishing on the artificial turf of Goddard Field. Watch your favorite runners and walkers on the stadium jumbotron as they finish. Age Group Awards (male and female) 14 and under, 15–19, 20–29, 30–39, 40–49, 50–59, 60–69, 70+
1 kilometer kids race. This 6/10 (.62) mile event will be open only to children age 12 and under and will include a special competition between the Alcoa Intermediate School Communities.

Results: Available online at <http://knoxvilleyouthathletics.org>

All proceeds benefit the Alcoa High School Track & Field teams.

For information, contact race director Chris Frary, AHS Track Coach: 865-567-7483 / Email: cfrary@alcoaschools.net

2015 Tornado Twist 5K Run/Walk and 1K Kids Challenge Entry Form

Detach and return this form with check or money order made payable to AHS Track & Field. Mail to: Tornado Twist 5K, Attn: Chris Frary
Alcoa High School, 1205 Lodge Street, Alcoa, TN 37701

Please Print Clearly

Event Entered: ___ 5K ___ 1K (AIS Community _____)

Last Name _____ First Name _____ Date of Birth ___/___/___ Current Age _____

Street Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

T-Shirt Size (Circle Size): **M (youth)** **S** **M** **L** **XL** **XXL** **Gender:** ___ **Male** ___ **Female**

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 the 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 Alcoa City Schools and their staff and students, race volunteers, Knoxville Youth Athletics, and all sponsors, their representatives, and successors from all claims and 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)