

East Ridge Middle School
Bear Hunt 5K Run/Walk
Saturday, September 28, 2019, 8:30am
Rose Center, 442 W 2nd North St., Morristown, TN

COURSE DESCRIPTION: Mostly level, one uphill after the turn around.

FEES: \$20 (includes race shirt) **Late Registration: \$25 (race day registration)**

HIBERNATION OPTION (Sleep-in option): You can still support the school without participating in the race with the sleep-in option. **Cost is \$20 and includes a t-shirt.** Shirts can be picked up at the race or at East Ridge the week after the race.

T-SHIRTS: Early registered runners receive shirts on race day. Late registered runners while supplies last.

AWARDS: Ceremony following race. Prizes will be given to top three (3) finishers overall and top three finishers in each age group (male and female). Male and female overall winners are not eligible for age division awards. Must be present to receive award.

AGE DIVISION: Male/Female 9 and under, 10, 11, 12, 13, 14, 15-19, 20-24, 25-29, 30-34, ... 65+

RESTRICTIONS: *Due to insurance regulations, **NO roller blades, baby strollers, bicycles, or animals allowed on the course.*** Use of earphones and headsets are discouraged. We reserve the right to disqualify any participant exhibiting unsportsmanlike conduct or disrespect to race volunteers.

ADDITIONAL INFORMATION CONTACT: Megan Rader 423-581-3041 raderm@hcboe.net

Make Checks payable to East Ridge Middle School and mail this form to: **East Ridge Middle School
6595 St. Clair Rd.
Whitesburg, TN 37891**

Name: _____

Address: _____ City: _____

State: _____ Zip: _____ Age: _____ Birthdate: _____ Male: _____ Female: _____

Shirt Size (Please circle one): **YM YL SM MED LG XLG 2XL 3XL**

Check the box for the Hibernation option (sleep-in).

Should the event be cancelled due to extreme weather, thank you for your donation to ERMS.

Athlete's Release: Please Read and Sign

I know that participating, as a runner/walker in races/walks is a potentially hazardous activity. I should not enter and participate in the Bear Hunt Run/Walk 5000 unless I am medically able and properly trained. I agree to abide by any decisions made by an official relative to the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of weather (including high humidity, heat), the condition of the course and traffic all such risks being known and appreciated by me. Having read this waiver and knowing these risks and facts and in considerations of your acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release East Ridge Middle School, City of Morristown, Rose Center and all sponsors, together with members and employees thereof and their representatives and successors (herein together "Indemnities"), from all claims or liability of any kind arising out of any action or failure to act on the part of the Indemnities. I also grant permission to the Indemnities to use any photograph, pictures, recordings or any other record for any legitimate purpose.

Athlete's Signature (If under 18, Parent's or Guardian's Signature)

Date