

# 8<sup>th</sup> Annual Frozen 5k for Haiti and 1 mile walk

**DATE-TIME-PLACE:** Saturday, February 6th, 2016 at 9:00 a.m. The race starts at Signal Mountain Bible Church (4872 Shackleford Ridge Road Signal Mountain, TN). The 1 mile walk and 5k run will both be on Shackleford Ridge Rd.

**CHECK-IN AND LATE REGISTRATION:** Late Registration and race material pick up is from 7:30-8:30a.m. in the church sanctuary.

**REGISTRATION FEES:** Your entry must be postmarked no later than January 30, 2016 for you to be "pre-registered". Pre-registration fee is \$15, and **race day entry fee is \$20.** All proceeds go to Haiti Missions. Make checks payable to Signal Mountain Bible Church.

**T-SHIRT:** First quality 100% pre-shrunk heavy-weight cotton. Guaranteed for **pre-registered** participants only.

**COURSE DESCRIPTION:** slight upgrade for 1st 0.5 mile, then moderately flat

**AWARDS:** For the 5k runners only: Overall Male and Female, Masters Male and Female. Awards will be awarded for first place in the following categories: Male 10 and under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & UP; Female 10 and under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & UP

**INFORMATION:** Mail your completed entry form to: Tracy Gartman 679 Stonebrook Dr. Chattanooga, TN 37415. For questions email Tracy Gartman at [rungartmanrun@gmail.com](mailto:rungartmanrun@gmail.com) phone: 423-605-4729

## 2016 Frozen 5k for Haiti

**Race entered: circle one 5k 1 mile**

**T-shirt size: circle one YS YM YL AS AM AL AXL AXXL**

Name \_\_\_\_\_ Age: \_\_\_\_\_ (as of Feb 6, 2016)

Email: \_\_\_\_\_

Address: \_\_\_\_\_ Sex: Male Female

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Telephone(\_\_\_\_\_) \_\_\_\_\_

Athlete's Release: I know that running a road race is potentially a hazardous activity. I should not enter an dun unless I am medically able and properly trained. I agree to abide by an decision of a race official relative to my ability to safely complete 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 the weather, including high heat and/or humidity, dehydration, traffic, ice, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Signal Mountain Bible Church, Town of Signal Mountain, the Gartmans, all sponsors, Race Directors, their agents, servants, and volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, and any other record of this event for any legitimate purpose. Roller Blades, Baby Joggers, rip sticks, headphones, and animals are prohibited from participating in this race.

Signature: \_\_\_\_\_  
(if under 18, parent's signature here)