



EVENT DATE: Saturday, March 23, 2024
RUN/WALK START 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 2024 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, competitors' pancake breakfast, 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.

Early Bird Registration: \$25 January 17-31
Standard Registration: \$30 February 1-29
Month Of Registration: \$35 March 1-23

Please complete this form and send along w/payment to The Crumley House, 300 Urbana Road, Limestone, TN 37681

Packet Pick-up and Registration:

Friday, March 22: 3 PM to 6 PM at Fleet Feet Sports (1735 W State of Franklin Rd, Unit 4, Johnson City, TN)
 Saturday, March 23: 8:30 AM to 9:30 AM at The Crumley House

Make checks payable to: The Crumley House
Notes: Headphones | Strollers | Dogs are permitted on this course (must clean up waste)

For more information please contact: Ben Trout bent@crumleyhouse.com (423) 794-9333	5K Run Male & Female Awards: Top Overall	5K Walk (Untimed): No Awards
	Age Groups (Top 3): 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over	

Joggin' For The Noggin! 5K Run/Walk & Pancake Breakfast Benefiting 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 or 5K Walk (Untimed) ***** CIRCLE SHIRT SIZE:** SM, MD, LG, XL, XXL, XXXL

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)