



EVENT DATE: Saturday, March 28, 2020
EVENT TIME: 10:00 AM EST
EVENT LOCATION: The Crumley House
 300 Urbana Road
 Limestone, TN 37681
 423.257.3644
 crumleyhouse.com

Touted as the most scenic 5K Run/Walk in the region, we invite you to join us for **The 2020 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 competitors, awards ceremony and the traditional post-race Pancake Breakfast! Professional race management and electronic timing provided by We Run Events. 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 3/21/20 **Standard Registration:** \$30 after 3/21/2020

Packet Pick-up and Late Registration:

Friday, March 27: 4 PM to 7 PM at Fleet Feet Sports (302 Buffalo St., Suite 100, Johnson City, TN)
 Saturday, March 28: 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 are permitted on the course | Strollers are permitted on the course

For more information please contact: Ben Trout bent@crumleyhouse.com 423.426.7701	<p>5K Run Male & Female Awards:</p> <p>Top Overall</p> <p>Age Groups (Top 3): 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over</p>	<p>5K Walk (Untimed) Male & Female Awards:</p> <p>Age Groups (Top 3)</p> <p>Untimed walk, no awards</p>
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Joggin' For The Noggin! 5K Run/Walk to Benefit 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)