



EVENT DATE: Saturday, March 28, 2026
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 2026 Crumley House Joggin' for the Noggin! 5K Run/Walk & Pancake Breakfast**. 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**, gift bag, competitors' pancake breakfast, awards ceremony 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 5-31
Standard Registration: \$30 February 1-28
Month Of Registration: \$35 March 1-28

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 27: 4 PM to 6 PM at Fleet Feet Sports (1735 W State of Franklin Rd, Unit 4, Johnson City, TN)
Saturday, March 22: 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) 257-3644

**5K Run
Male & Female Awards:**

Top Overall

Age Groups (Top 3):
12 & under, 13-19, 20-29, 30-39, 40-49,
50-59, 60-69, 70 & over

5K Walk (Untimed):

No Awards

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)