



3rd annual

# Tullahoma's Get Fit! PANTHER/BOBCAT 5K

## Family Fun Walk/Run Registration Form

October 24, 2015- start time 9:30, registration opens at 8:30, at Frazier-McEwen Park

This form **MUST** be completed for each participant in the 5K. Registration is \$25 for adults, \$10 for students, t-shirt included with pre-orders. Shirts are first come, first served on race day.

Name: \_\_\_\_\_

First

Last

Address: \_\_\_\_\_

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

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

Please complete:

\_\_\_\_\_ Male

\_\_\_\_\_ Female

\_\_\_\_\_ Adult

\_\_\_\_\_ Student

Age on October 24, 2015: \_\_\_\_\_

DOB: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Grade: \_\_\_\_\_

If student, what school do you attend: \_\_\_\_\_

Emergency Contact Name/ #: \_\_\_\_\_

Expected Finish Time: \_\_\_\_\_

**Fee includes:** 5K registration, t-shirt, and points for either EMS or WMS . Make checks payable to: **EMS PTO. Return forms to EMS or WMS**, or mail completed forms and checks to East Middle School, 908 Country Club Drive, Tullahoma, TN, 37388 no later than October 19 to guarantee your shirt size.

**\*\*\*Registration forms can be turned in at the EMS or WMS office until October 23. Registrations will also be accepted on race day. A limited supply of shirts will be available at that time. Register early to be sure yours is waiting for you!**

Adult sizes: \_\_\_\_\_ AS    \_\_\_\_\_ AM    \_\_\_\_\_ AL    \_\_\_\_\_ AXL    \_\_\_\_\_ 2XL (add \$2)    \_\_\_\_\_ 3XL (add \$2)

Youth sizes: \_\_\_\_\_ YS    \_\_\_\_\_ YM    \_\_\_\_\_ YL

**Which team are you running for: \_\_\_\_\_ EAST \_\_\_\_\_ WEST**

**\*\*\* Proceeds will be split between EMS & WMS.**

**For sponsorship info, contact Carrie Baxter at 461-4247.**

Participant Signature: \_\_\_\_\_

Parent/ Guardian: \_\_\_\_\_

**\*Please sign waiver on opposite side of this form.**

**WAIVER**  
Panther/Bobcat 5K  
October 24, 2015

I know that running is a potentially hazardous activity. I should not enter and run unless I am physically fit, medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I hereby certify that I am in good health, and I have trained to run the distance of the race of which I am entering. I assume all risks associated with running in this event, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in considering your accepting my entry into this running event, I , for myself and anyone entitled to act on my behalf, waive and release Tullahoma City Schools, its representatives, teachers, parents, volunteers, and employees, all states, cities, counties or other governmental bodies or locations in which events or segments of events are held, all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability my arise out of negligence or carelessness on the art of the persons or entities named in this waiver. I grant permission to all the foregoing to use my photographs, motion pictures, recordings, videos, or any other recording of this event for legitimate purpose. I understand that bicycles, skateboards, roller skates or inline skates, and animals are not allowed in this event and I will abide by this guideline. I am aware that the use of personal audio devices (iPods and MP3 headsets) is discouraged.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_