"MOONLIGHT FOR SIGHT" 5k

Kingston, TN ~ hosted by the Kingston Lions Club~

Date, Time and Place: Saturday, October 2, 2010, 9:00 P.M. for runners, 8:30 P.M. for walkers. Event will begin at Fort Southwest Point on South Kentucky Street in Kingston, out and back course, all along the lakefront.
Directions: From Knoxville, take I-40 West, exit at exit number 352 (Kingston). Then go south on Kentucky Street, you will cross Hwy 70, shortly after crossing Hwy 70, approximately 1 mile to Fort Southwest Point.
Course Description and Highlight: A lovely run along side of the Watts Bar Lake in Kingston. Relatively flat course. Walkers will walk on trail towards Gravel Pit on Hwy 70.
Registration and Entry Fee: Pre-registration closes Friday, September 24, 2010 fee $15.00; on race night until 8:30 p.m. $20.00
T-Shirts: Short-sleeve tee shirts given to all participants on race day. Sizes Sm., Med, Lg, and Xlg. Shirts will ONLY be available on race day.
Awards: Cash award for the overall male and female. Awards three deep in the following age groups, male and female as follows: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59. 60+.

All awards must be picked up on race day, they will not be mailed. Door prizes will be given away at the end of the race, must be present to win!

Refreshments and Changing Facilities: Post race drinks and food supplied for all participants. Changing facilities and restrooms will be available.
Results: Post race results will be given shortly after finish.
Course Etiquette: We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers. Due to insurance regulations, no headsets, cell phones, bicycles, baby strollers, roller blades, or pets on the course.
Proceeds: Go to the Kingston Lions Club.
Information: Contact the Race Director: Stacee Thompson, 230 N. Third St., Kingston, TN 37763, (865) 717-4703 office number, email sthompson@roanegov.org.

OFFICIAL 2010 "MOONLIGHT FOR SIGHT" 5K ENTRY FORM

Number _____ **Walker / Runner**
(circle one)

Name:
First_____

Last_____

Sex: Male Female

Shirt Size: SM MED LG XLG

Age (as of 10-4-08) _____

Birthday _____

Address _____
City _____State_____Zip_____
Phone _____

Emergency contact name and phone number___
_____
_____

Fill Out Completely and Mail with Entry Fee to:
Roane County Sheriff's Office
Attn: Stacee Thompson
230 N. Third St.
Kingston, TN 37763

Make checks payable to: Kingston Lions Club (NO REFUNDS)

Athlete's Release: PLEASE READ, TO RUN THE RACE YOU MUST SIGN AND DATE THIS FORM!
I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the MOONLIGHT FOR SIGHT 5K unless I am 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 assume all risk associated with running and/or volunteering in the above mentioned race, including but not limited to falls, contact with other participants, the effects of weather, including high heat or humidity, ice and snow, the conditions of the road and the traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance in my application for myself, and anyone entitled to act on my behalf, waive and release the Roane County Sheriff's Office, Kingston Lions Club, Total Race Solutions and all volunteers, any and all members thereof, and all further sponsors, their representative successors, from all claims or liability of any kind arising out of my participation in the above mentioned event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the foregoing to use any photograph, motion pictures, recordings or any other record of this event for any legitimate purpose.

_____ _____
Athlete's Signature Date

_____ _____
If under 18, Parent's Signature Date