



Race for Ramps

5K Run & Fun Walk

All proceeds benefiting Oak Ridge Civitan Ramp Building Projects for the Physically Disabled

Date: 07/25/2009

Race Begins: 8:00am

Race Day Registration: 7:00-7:45am

For more information or to register

call: 865-220-6084

fax: 865-483-1378

www.raceforramps.com

Entry fee (includes t-shirt):

- \$20.00 for pre-registered participants
PRE-REGISTER BY JULY 11, 2009
- \$25.00 for race-day participants

USATF CERTIFIED COURSE:

The run and walk will begin and end at Flatwater Grill in Oak Ridge at 100 Melton Lake Peninsula. A map of the runner's course is available on the back of this registration form.

Age Groups

≤ 13	14-19	20-24
25-29	30-34	35-39
40-44	45-49	50-54
55-59	60-64	65-70
		70+

Race management, finish line management and results provided by Total Race Solutions.

Participant

ENTRY FORM

Mail form and entry fee to:

Oak Ridge Civitan Club
PO Box 4485
Oak Ridge, TN 37831
Or Fax to: 865-483-1378

Checks payable to
Oak Ridge Civitan Club

Race Information Online @
www.raceforramps.com

Questions/Comments:

Phone: 865-220-6084

Fax: 865-483-1378

E-mail: harnold@orud.org



The Oak Ridge Civitan Race for Ramps—Saturday, July 25, 2009—8 a.m. 5K Run _____ Fun Walk _____

Please complete All Information

Please check one.

First Name _____ Last Name _____

M F _____ / _____ / _____ (_____)
Birthdate Age on race day Phone

Email Address _____

Street Address _____

City _____ State _____ Zip _____

T-SHIRTS! Adult 100% Cotton T-shirt Size (circle one): S M L XL

I know that running, walking and volunteering to work in races is a potentially hazardous activity. I should not enter and run or walk in the Oak Ridge Civitan Race and Fun Walk 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 risks associated with running and/or volunteering to work in the race, including but not limited to falls, contact with other participants, the effects of weather, including high heat and humidity, ice and snow, the condition of the road and 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 of my application, I for myself, and anyone entitled to act on my behalf, waive and release THE OAK RIDGE CIVITAN CLUB AND OUR SPONSORS, any and all members thereof, their representatives, successors, from all claims or liability of any kind arising out of my participation in the event, even though that liability may arise out of the negligence or carelessness on the part of the person named in the 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.

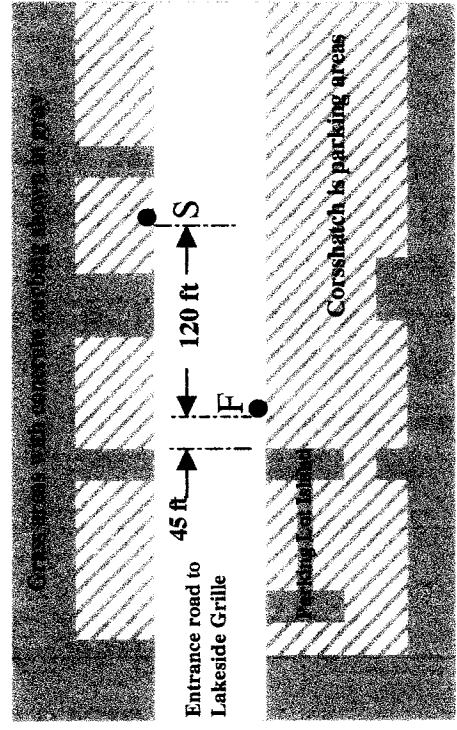
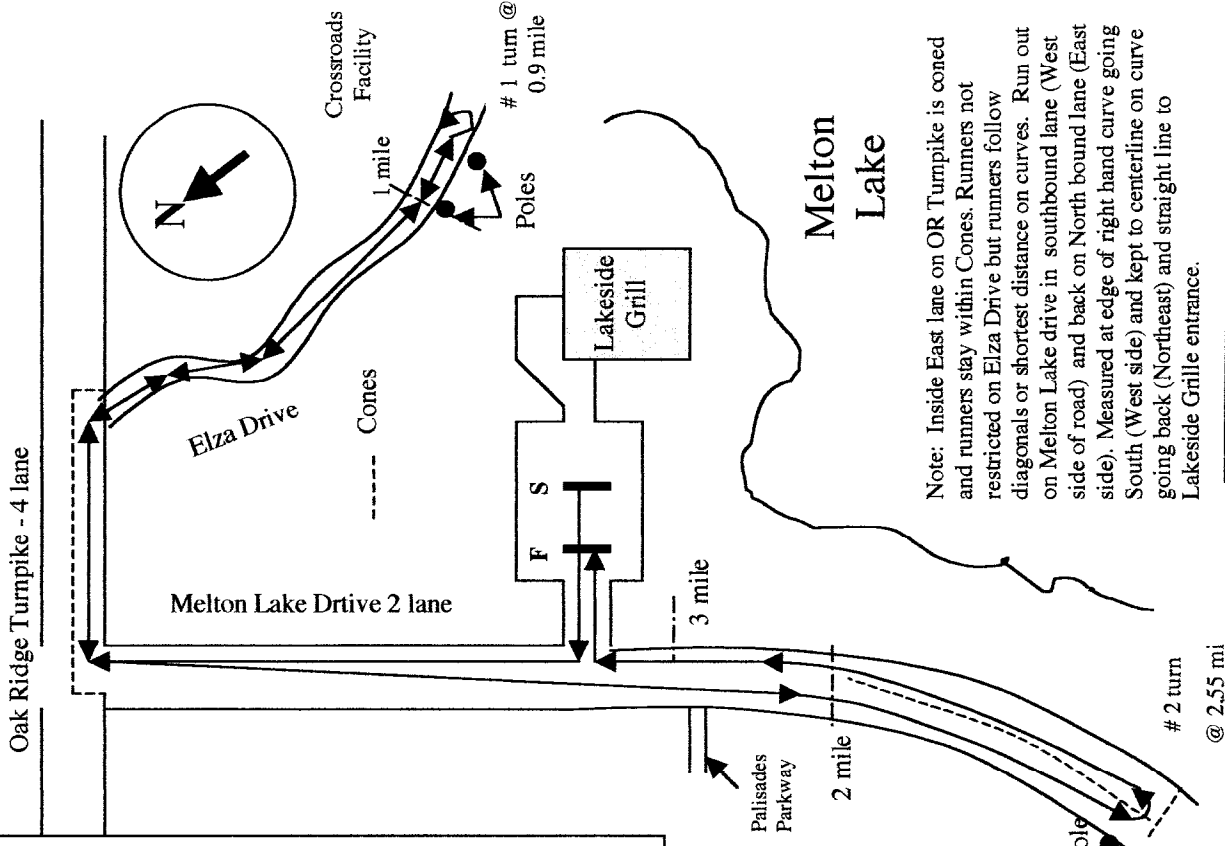
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Participant's Signature (or parent/guardian if participant is under 18 years)

Date

Crossroads 5K Course description

1. Start at survey medallion located 20 ft from curb and 18 ft from island in parking lot,
 2. Turn right on Melton Lake Drive to OR turnpike and turn right on Elza Drive.
 3. Turn 180 degree at # 1 turn at edge of Crossroad's property line and follow same path in reverse past the Lakeside Grill entrance to the light pole 04337 (Red Mark) across from boat ramp Yield sign
 4. Return to the Lakeside Grill entrance to finish line 10 feet past second parking island.
- Course Markings and Location**
 Start line: Survey Medallion at park area edge on North side of third parking area from entrance to Lakeside Grille lot.
- # 1.Turnaround:** Elza Drive at East end of Crossroads Property and directly opposite telephone pole marked at center of road
- Mile 1** Directly opposite telephone pole and near center of Crossroads marked on Crossroads side of Elza Drive (East side)
- Mile 2** Directly opposite Concrete trash bin on lake side of the road and 10 ft south of Underground Cable Warning sign
- #2. Turnaround:** Melton Lake Drive directly opposite Light Pole # 04337 and Yield sign at intersection of Bike Path and boat ramp on lake side of Melton Lake Drive Marked at center of road
- Mile 3** Measured at 20 foot North of North side concrete curb of Palisade Parkway / Melton Lake Drive intersection. Marked on West side of Melton Lake Drive. Lake
- Finish line** Measure 45 ft East from East edge of H shaped parking island on South side of parking area. This is also approximately 120 ft West from Survey Medallion used as marker for Start Line. Marked with Paint and steel spike.



Start Finish Line location and Layout Lakeside Grille Parking Lot

Note: Inside East lane on OR Turnpike is coned and runners stay within Cones. Runners not restricted on Elza Drive but runners follow diagonals or shortest distance on curves. Run out on Melton Lake drive in southbound lane (West side of road) and back on North bound lane (East side). Measured at edge of right hand curve going South (West side) and kept to centerline on curve going back (Northeast) and straight line to Lakeside Grille entrance.

Note: This certification becomes void if Melton Lake Drive is repaved.