

Loudon County Visitors Bureau

Lakeway to the Smokies

6th Annual 5K Run & Fun Walk • Sunday, October 4, 2009 at 2 p.m.



Mission Statement: Promote the natural beauty, waterways and attractions of Loudon County, while encouraging a healthy lifestyle.

Course: 5K Run: Beautiful, scenic flat course with views of three lakes - Tellico, Ft. Loudoun, and Watts Bar. **Fun Walk:** Scenic walk suitable for both individuals and families.

Directions: From Knoxville, take I-75 South to Exit 81. Left on Hwy 321 across Fort Loudoun Dam to Hwy. 444/Tellico Parkway to TVA Tellico Beach Recreation Area.

Registration & Fees: Pre-registration fee \$15, pre-registration fee for cross country team members \$10 (postmarked by Sept. 30); Late registration \$20. All proceeds support the Loudon County Visitors Bureau.

T-Shirts: Custom designed long-sleeve race shirts guaranteed to everyone who pre-registers. Day of race registrants will receive shirts as supplies last.

Awards: Ceremony following 5K race. Awards to the top three overall in each age division: Male/Female 14 and under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79; 80+

Info & Race Forms: Contact Loudon County Visitors Bureau at 865-986-6822 or go to www.visitloudoncounty.com to print form.

Return form with check or money order made payable to:

Loudon County Visitors Bureau (LCVB), 1075 Highway 321 N, Lenoir City, TN 37771

5K Run _____ **Fun Walk** _____ **“Virtual Racer”** _____

(“Virtual Racer” supports program, pays entry fee, receives a t-shirt, but does not have to participate.)

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Phone _____ Sex (circle): Male Female

Age on Race Day _____ Date of Birth _____ T-Shirt Size (circle): YL S M L XL XXL (add \$2)

ATHLETE'S RELEASE: PLEASE READ. YOU MUST SIGN & DATE TO PARTICIPATE.

I know that running and/or volunteering to work in races are potentially hazardous activities. I should not enter and run in the “Lakeway to the Smokies” 5K or Fun Walk/Run unless I am medically able and properly trained. I assume all risks associated with running and/or volunteering to work in the aforementioned race. 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 release LOUDON COUNTY VISITORS BUREAU, LCVB BOARD, and the Knoxville Track Club and all members thereof, and all further sponsors, their representatives and successors from all claims and liability of any kind arising out of my participation in the aforementioned 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 photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature _____

Parent's Signature (under 18) _____

Date _____

Loudon County Visitors Bureau
1075 Hwy. 321 N.
Lenoir City, TN 37771

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