

RunDown 5k and One-Mile Fun Run Saturday, April 25, 2015



Course begins
and ends at
DeKalb West
Elementary in
Liberty.

	Adult (over 18)	Youth(18 & under)
Earlybird Pre-Race Through March 31	\$20	\$15
Pre-Race April 1-Midnight April 17	\$25	\$20
Day of race	\$30	\$25

Virtual 5K (\$20) 1-Mile Fun Run (\$15)

Pre-Registration Options

- Online at www.onestoprace.com event 32246 until April 17 at midnight
- Print and mail completed form - found at www.rundown5k.weebly.com with payment to: RunDown 5K, 4135 Smith Fork Rd, Liberty, TN 37095.
- Pre-registration forms must be received in mail by April 17th

Shirts only guaranteed for those who Pre-Register by April 10!

-Race Day Registration is at 7:00 a.m. Please bring completed form!

-Pre-Registered Check-in is at 7:15 a.m. or Early Packet Pickup April 24th from 6-7 p.m. at DeKalb West Elementary, 101 Bulldog Ln, Liberty.

Course map available at
www.rundown5k.weebly.com

Awards

5k awards

- Overall male & female finishers
- Top 3 finishers 14 & under, 15-19,20-39, 40-49,50-59,60+

Fun Run Awards

- Top 3 finishers age 12 and under

Race begins promptly at 8:00 a.m.

Rain or Shine!

Strollers are welcome but should line up at the rear. No pets allowed.

REGISTRATION FORM

www.somethingextra.org

rundown5k@gmail.com

615-548-4624

Name _____ Shirt size _____ Circle one: Adult or Youth

Telephone (____) _____ Email _____

Address _____

5k Run

One-Mile Fun Run

Virtual 5K

Total Amount Enclosed:

Gender _____

Gender _____

\$ _____

Age _____

Age _____

Please make checks payable to : RunDown 5k

RELEASE FORM MUST BE SIGNED AND DATED "I, for myself, my heirs and assigns, do hereby waive and

release all claims of liability, damages, demands, and actions whatsoever that occur during or arise out of this event against RunDown 5k, its Board of Directors and volunteers, race officials, volunteers and sponsors; Tennessee Race Timing, the City of Liberty, and Dekalb West Elementary. I am fully aware of the risks involved in this event, and I certify that I am physically fit and sufficiently trained for participation in this event."

Signature of Participant(if participant is under 18, signature of parent/guardian)

Date