

# 6th Annual Haiti Run for Health

## RRCA State Championship 4-Mile Race with 2½-Mile Walk

*A charity event to help bring improved health to Haiti*  
**8:00 AM Saturday May 9, 2009**

The *Haiti Run for Health* is an exciting 4-mile competitive race and 2½-mile walk to raise needed funds for local medical teams to purchase and dispense medications to the people of the St. Louis du Nord region of Haiti. The course for the race is certified by the USA Track and Field Association and is the Road Runners Club of America (RRCA) 4-mile State Championship. You may register as a runner, walker, or virtual runner. A virtual runner does not run or walk but receives a T-shirt at the registration desk on the day of the race. All proceeds from the event support the medical mission and are tax deductible. **USATF Certified (TN 04005DJR), fast and flat (one 20 foot "hill"), and asphalt paved RRCA State Championship 4-mile Event**

**PRIZES:**

Top three overall male / female:	1st (\$100), 2nd (\$75), 3rd (\$50)	
1st place male / female masters:	\$40	<b>Divisions:</b> Masters (40+), Seniors (50+), Veterans (60+), 10-14, 15-19,
1st place male / female seniors:	\$40	20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, and 70+
1st place male / female veterans:	\$40	
1st place in all other divisions:	\$20	
2nd and 3rd in all divisions:	non-cash awards	

**Race Sponsors**

**Gold (\$500):** Lee and Barton, DDS; Garry A. Cooper, DDS; Navarro Research and Engineering; Orthopedic Surgery and Sports Medicine; Salzman International;  
**Silver (\$250):** Runners Market  
**Bronze (\$100)** Sharma family; St. Francis Guild; Slankas family

**DIRECTIONS: From Knoxville:** Take I-40/75 west to the Pellissippi Parkway to Oak Ridge (you will enter Oak Ridge on Illinois Avenue). Turn right onto the Oak Ridge Turnpike, left onto Viking Road (Regions Bank on corner), and right onto Vermont Avenue. Proceed to St. Mary's Church parking lot (on right).

**From Nashville and other points West:** Take I-40 to Oak Ridge Exit 356 (Gallaher Road, State Route 58 E) to Route 95 E to Oak Ridge Turnpike and Illinois Avenue. From Illinois Avenue, proceed as indicated in directions from Knoxville.

**From Points North and Clinton:** Take I-75 to Clinton Exit 122. Proceed through Clinton (Route 61 to Route 95 W) to Oak Ridge (you will enter on the Oak Ridge Turnpike). Turn right onto Viking Road, which is the first street past St. Mary's Church (Regions Bank on right corner, Walgreen's across street on left). Turn right onto Vermont Avenue and proceed to St. Mary's Church parking lot (on right).

**REGISTRATION:** Located in the basement of St. Mary's Catholic Church. Pre-registration for the run or walk is \$15 if postmarked by May 1, 2009. Registration on race day for the run or walk is \$20. Registration as a Virtual Runner is \$15 on or before May 5, 2009; however, pre-registration by May 1, 2009 is necessary to guarantee a T-shirt on race day. *Race-day registration for runners and walkers is from 6:45-7:45 AM. Race-day registration for Virtual Runners is 8:00-9:00 AM.* Baby strollers, bicycles, roller blades, dogs, and use of headsets or earphones are prohibited on the course. For more information, please contact Dennis Miller: run10more@comcast.net (865.483.5085) or Dean Waters: TennWaters@cs.com (423.884.2367). The registration form may also be found at <http://www.epivox.com/ortc/>.

**ENTRY FORM: HAITI RUN FOR HEALTH – 8:00 A.M. SATURDAY May 9, 2009**

**Make check payable to *Haiti Run for Health***

**Mail to: *Haiti Run for Health*, 327 Vermont Avenue, Oak Ridge, TN 37830**

\$15.00 if postmarked on or before 5/1/09 or \$20.00 on race day. Pre-registered ORTC members receive a \$2.00 discount.

**PLEASE PRINT**

**Event** (Please mark one): **Four Mile Run** \_\_\_\_\_ **Walk** \_\_\_\_\_ **Virtual Runner\*** \_\_\_\_\_

**Name:** Last \_\_\_\_\_ First \_\_\_\_\_ **Sex:** Male \_\_\_\_\_ Female \_\_\_\_\_

**Age:** (as of 5/10/09) \_\_\_\_\_ **Birthday:** m \_\_\_\_\_ d \_\_\_\_\_ y \_\_\_\_\_ **Shirt Size:** (adult) S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

**Address:** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email address:** \_\_\_\_\_

**Emergency contact name** \_\_\_\_\_ **Phone** \_\_\_\_\_

*\*Virtual runners pick up T-Shirt at Registration Desk on race day from 8:00-9:00 AM*

**\*\*\*\* ALL PARTICIPANTS: READ, UNDERSTAND, SIGN, AND DATE THIS FORM \*\*\*\***

I know that running in races is potentially hazardous and that I should not enter and run in the 2009 *Haiti Run for Health* unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run or walk safely. I assume all risks associated with running in the aforementioned race, including but not limited to falling, contact with other participants, the effects of weather, 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 for anyone entitled to act on my behalf, waive and release Oak Ridge Track Club, St. Mary's Catholic Church, the City of Oak Ridge, and all other sponsors, their representatives, and successors from all claims of liabilities 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 attest and verify that I am physically fit and sufficiently trained to participate in this event. I also hereby grant permission to all the foregoing to use photographs, motion pictures, recordings, and any other records of this event for any legitimate purpose.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Parent's Signature (if entrant is under 18 years old)

\_\_\_\_\_  
Date