

**Cowan Railroad Days
5K Run/Walk
Saturday, June 4, 2011
Cowan, TN**

Starting Times:

6:30 am: Registration Begins

Only pre-registered runners (by May 25) are guaranteed a T-shirt

7:30 am: 5K Run/Walk Begins

Start/Finish at the Cowan Railroad Museum

8:30 am: Awards

Awards:

All pre-registered participants will receive a T-shirt (Late registration-subject to availability).

The overall male and female will receive cash awards. Medals will be awarded for the first, second and third place winners in each age group.

Age Divisions:

00-10	15-19	30-39	50-59	70-79
11-14	20-29	40-49	60-69	80-UP

Course:

This 5K route will depart from the Cowan Railroad Museum. Water will be provided at the half mark on the course and the start/finish line. Traffic control will be provided by the Cowan Fire Department.

Finish Times and Results:

There will be no timing mat at the start line, so all finish times will be "gun" times. Timing clocks are provided by Mach Ten of Tullahoma, TN. All results will be announced at the awards ceremony at 8:30 am.

Registration Fees:

Pre-registration Cost: \$15.00 (payment received before May 25, 2011)

Late and Day of Registration Cost: \$20.00

Make checks payable to the Cowan Railroad Museum

For questions please contact Ricky or Dena Gillespie at 967-6756

Cowan Railroad Museum 5K Run/Walk Entry Form

Please print legibly and complete fully. Incomplete or illegible applications may not be accepted. See you on race day!

Full Name: _____ Birth Date: _____

Age on Race Date: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: _____

Please Check: Male: _____ Female: _____

Select Shirt Size: Child's Medium _____ Child's Large _____ Adult Small _____
Adult Medium _____ Adult Large _____ Adult X-Large _____
Adult XX-Large _____

Race Waiver: I, individually, (and /or parent, and/or guardian of the named minor) for and in consideration of acceptance of this entry in the aforementioned event, do hereby release, remise, waive, and forever discharge the Cowan Railroad Museum and any all other supporting groups of this said racing event, together with all their officers, agents, officials, and employees, from any and all liability, claims, demands, actions, or cause of action whatsoever arising out of, or relating to any injury, illness, loss, or damage, including death, relating to participation in the aforesaid event. I further state I am in proper physical condition to participate in this event. In addition, I agree that my participation in this event requires that I will not participate with rollerblades, skateboards, animals, or anything which the race director deems dangerous to me or other participants and that the race director may remove me from this event for a violation of said policy. I further grant permission to this race and the organization conducting the race and/or agents authorized by them to use any photographs, videotapes, motion picture recordings and any other record of this event for any purpose. I also agree that if the event is cancelled for any reason that all entry fees are non-refundable and that this entry is non-transferrable.

Signature: _____

Parent/Guardian if under age 19

Date: _____

Make all checks payable to the Cowan Railroad Museum
Please send completed entry form and appropriate fees to:
Ricky and Dena Gillespie
1112 Nicholson Street
Decherd, TN 37324