



One Mile Competitive Run

Saturday, October 24th at 10:00 am

COURSE DESCRIPTION: This is a downhill, fast 1 mile race with beautiful views of Douglas Lake. The race takes runners through the Dandridge downtown historic district and ends across the dike which was built by TVA in 1943 to save the town of Dandridge from flooding when Douglas Lake was created.

REGISTRATION: Pre-register for adult (age 13 and up) **POSTMARKED OR RECEIVED BY OCT 10th** \$20/ \$25 thereafter
Child registration: (6 - 12): \$15 *****RACE DAY REGISTRATION** at Maury Middle School 8:30-9:45***
Registration forms available online at www.bgcdumplinvalley.org

T-SHIRTS: Pre-registered runners will receive t-shirt on race day, others while supplies last.

AGE DIVISIONS: 6-10, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

AWARDS: Cash Awards given to top male and female. 1st - \$125, 2nd - \$75, 3rd - \$25. Additional awards given to top 3 finishers overall in each age/gender division. Must be present to receive award. Award ceremony @ 11:00am.

RESTRICTIONS: NO roller blades, motorized transportation, strollers, bicycles, headphones, or animals are permitted on the course. Any unsportsmanlike conduct, rude behavior, or disrespect to the volunteers will result in disqualification.

EVENT DIRECTORS: Debbie Worley 865-674-0404/debbie.worley@employbridge.net and Laura Farrar-Cantrell 865-582-1784/lfarrar25@gmail.com

All proceeds from the Douglas Dash to benefit The Boys & Girls Club of Dumplin Valley.

Thank You!!

_____ Complete registration form/release below & mail to address listed. Include registration and check _____

NAME: _____ Gender: M or F Age on race day: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE NUMBER: (____) _____ - _____ EMAIL: _____

****MAKE CHECKS PAYABLE TO: BGCDV**

MAIL TO: Boys and Girls Club / PO Box 669 / White Pine, TN 37890

CHECK ONE: Adult early registration \$20 Adult late registration \$25

Child (12 and under) registration \$15

T-SHIRT SIZE: (circle one) YS YM YL S M L XL 2XL

ATHLETE'S RELEASE: Read and sign

I agree that if I participate in this Event, I do so at my own risk. I agree that I am voluntarily participating in the event and using Event facilities or premises and assume all risk of injury, illness, damage or loss to me or my property that might result, including without limitation, any loss or theft of personal property. I attest and verify that I am physically fit and am sufficiently trained to participate in this Event. I agree to abide by any decisions made by race officials relative to the run. I assume all risks associated with running in this event including, but not limited to falls, contact with other participants, effects of weather, conditions of the course and traffic. All such risks are known and appreciated by me. Having read this waiver and knowing these risks and facts and in considerations of your acceptance of my application, I and anyone entitled to act on my behalf, waive and release Morristown Running and Hiking Club, Boys & Girls Club of Dumplin Valley, Dandridge Community Trust, and all sponsors from all claims or liability of any kind arising out of any action or failure to act on their part. I also grant my permission to use any photograph, picture or recordings or any other record for any legitimate purpose.

DATE _____

Athlete's Signature (if under 18, parent's or guardian's signature)



One Mile Competitive Run

Downtown Dandridge

Saturday, October 24, 2015

Race begins at 10:00 a.m. at Maury Middle School

Cash Prize for top male and female finisher

1st - \$125, 2nd \$75, 3rd - \$25

Prizes for top 3 overall in each age/gender division

This is a downhill, fast 1 mile race with beautiful views of Douglas Lake.

The race takes runners through the Dandridge downtown historic district ending across the dike.

Pre-registration now open and Sponsorships are available!!

For information contact Event Director listed on opposite page.



BOYS & GIRLS CLUBS
OF DUMPLIN VALLEY

All proceeds from the Douglas Dash to benefit:

The Boys & Girls Club of Dumplin Valley