



10TH ANNUAL WIMBERLY LAWSON TOWNSEND 10K TO BENEFIT THE SECOND HARVEST FOOD BANK

SATURDAY, OCTOBER 12, 2013

9:00 A.M. - 10k RUN 9:15 A.M. - 1 MILE FUN RUN/WALK

- PRIMARY SPONSOR: Wimberly Lawson Wright Daves & Jones, PLLC
CONTRIBUTING SPONSORS: Food City, Gerdau Ameristeel, The Daily Times, WVLT-TV, Texas Roadhouse, Dancing Bear Lodge & Restaurant and Blount County Community Health Initiative
DATE, TIME, PLACE: Saturday, October 12, 2013 - 9:00 a.m. Visitor's Center, Hwy 321 in Townsend, TN
CHECK-IN: 7:30 to 8:30 a.m., day of the race
REGISTRATION: Pre-register by mail to: Howard Jackson, Post Office Box 2231, Knoxville, TN 37901-2231
ENTRY FEE: Day of race registration from 7:30 to 8:30 a.m. Fee: \$15.00, payable to "Second Harvest Food Bank."
AGE DIVISIONS: Male: 11 & under, 12 - 15, 16 - 19, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60 - 69, 70 & over
T-SHIRTS: Runners and walkers will receive an attractive, high quality t-shirt.
AWARDS/PRIZES: An awards ceremony will be held immediately following the race.
GENERAL INFORMATION: USATF certified course starts and ends near the Visitors Center on Hwy 321 in Townsend.
DIRECTIONS: From Knoxville, follow Hwy 129 South.
ACCOMMODATIONS: Highland Manor Inn (865-448-2211)

Detach and return form with check or money order to: Howard Jackson, P.O. Box 2231, Knoxville, Tennessee 37901-2231
Forms will be available online at www.wimberlylawson.com
2013 WIMBERLY LAWSON TOWNSEND 10K ENTRY FORM

Last Name First name Sex
Address City, State, Zip
Phone Email Address
Birthdate Age as of October 12, 2013 10k 1 mile
Month Day Year ADULT Medium Large X-Large XX-Large
Emergency contact Phone

ATHLETE'S RELEASE: I know that running in road races is a potentially hazardous activity. I am medically able and properly trained. I assume all risks associated with entering the race or walk, including but not limited to, falls, contacts with other participants, the effects of weather, the conditions of the road and traffic or animals on the course, all such risks being known and appreciated by me.

Signature Date
(If under 18 years of age, parent's signature)

