



# Santa Trot 5K



LaFollette, Tennessee  
December 7, 2019 – 9:00 a.m.

Race conducted by City of LaFollette to raise funds to construct an Amphitheater

Location/Directions: LaFollette, Tennessee. About 45 minutes north of Knoxville. Take I-75 to Exit 134. Continue on 25W (Appalachian Highway) into LaFollette.

COURSE DESCRIPTIONS: A course along the streets of LaFollette decorated for the holiday season and the Christmas Parade to be held later that day. Race start & finish on South Tennessee Avenue. The course will travel Central Avenue to the hospital area; turn on Beech back to 17<sup>th</sup> Street to Central and finish on Tennessee Avenue.

REGISTRATION & FEES: Online registration is encouraged. **Early Registration FEE-\$25.00** if entry is received or post marked **no later than Saturday, November 24, 2019** Fee after early registration ends: **\$30** Online registration will continue through race day. Race fee may be paid with cash, check or credit card. Day of race registration at LaFollette City Hall on S. Tennessee Avenue from 7:45 – 8:40 a.m. Race day management by **Total Race Solutions**.

T-SHIRTS: Pre-registered runners by Saturday, November 17, 2019 will receive shirt on the day of the race. Race day registrants will receive shirts as supplies last.

AWARDS: Special Christmas Awards to 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> Place- Overall winners (Male & Female) and to first place Masters (40+) and Grandmasters (50+)- Male & Female. **Special Christmas Awards** Three deep in the following age divisions: **Male:** 14-under; 15-19; 20-24; 25-29; 30-34;35-39; 40-44; 45-49; 50-54; 55-59; 60-69; 70-79; 80-up. **Female:** 14-under, 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-69; 70-up

AFTER THE RACE: Refreshments and Awards follow the race at LaFollette City Hall.

INFORMATION: Contact race director: Johnnie Hickman: 423-871-0709  
[hickmanjland@comcast.net](mailto:hickmanjland@comcast.net) or [www.totalracesolutions.com](http://www.totalracesolutions.com). Race forms available at City of LaFollette-Clerks Office-423-562-4961

LINK TO REGISTER ON-LINE: <http://runsignup.com/Race/TN/LaFollette/SantaTrot5k>

-----Clip & Return-----

## RACE DAY REGISTRATION FORM

Name \_\_\_\_\_ Age (as of 12/1/19) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email \_\_\_\_\_ Birthdate \_\_\_\_\_ Runners Phone # \_\_\_\_\_

Circle Adult's T-Shirt Size:    Small    Medium    Large    Extra Large

Circle Children's T-Shirt Size:    Youth Medium    Youth Large

In case of Emergency Call: \_\_\_\_\_ Phone # \_\_\_\_\_

**ATHLETES RELEASE: Please read. To run the race, you must sign and date this form in the appropriate space below.**

I know that participating as a runner/walker in races and walks is a potentially hazardous activity. I should not enter and run in the **Santa Trot 5k** unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the aforementioned race, including but not limited to: falls, contact with other participants the effects of weaver including high heat and humidity, rain the condition of the race course and traffic on the course, all such risks 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 anyone entitled to act on my behalf, waive and release the **City of LaFollette, Total Race Solutions**, any and all volunteers thereof and all further sponsors, their representatives, successors, from all claims of liability of any kind arising out of my participation in the aforementioned event, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Athlete's Signature \_\_\_\_\_ and, if under 18, Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

Mail Early Registration by 11/24/19 to:  
City of LaFollette  
207 South Tennessee Ave.  
LaFollette, Tn 37766

Make check Payable to: City of LaFollette (Santa Trot 5K)