



LAUREL COUNTY HOMECOMING

OLD MILL 5K RUN

LONDON, KENTUCKY

7:30 am Saturday, August 21, 2010

DATE/TIME/PLACE: Saturday Morning, August 21, 2010, 7:30 at Levi Jackson State Park

COURSE DESCRIPTION: A hilly double loop through Levi Jackson State Park, located south of London.

REGISTRATION AND FEES: Runner may pre-register or sign up the day of the race from 6:30 to 7:15 at the first shelter-house across from the amphitheatre in Levi Jackson State Park. Preregistration fee (due by August 7, 2010) is \$15.00. Late registration, including the day of the race: \$20.00. Packet pick-up available only in Levi Jackson State Park on Saturday, August 21, 2010, from 6:30 – 7:15 a.m.

T-SHIRTS/MEDALS: First quality t-shirts guaranteed only to pre-registered runners on race day. Late and race day registrants will receive t-shirts as supplies last or at a later date.

AWARDS: Awards will be given for top Overall male and female, 1st Masters (40+) male and female, 1st Grandmasters (50+) male and female. Other awards three deep in the following age divisions, male and female: 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+. Overall winners not eligible for age division awards.

RESULTS: Results will be posted on the webpage: <http://laurelcountyhomecoming.com>.

FOR MORE INFORMATION: Contact Race Director Pennie Patton Thorpe at (606) 682-3480 or email oldmill5krun@yahoo.com.

OFFICIAL 2010 OLD MILL 5K RUN ENTRY FORM

Race Number: _____ (applicant leave blank) **T-shirt size** (circle one): YS YM YL S M L XL

Name:
Last: _____ **First:** _____

Age (as of 08-21-10): _____ **Birth date:** month _____ day _____ year _____ **Sex** (circle one): Male Female

Address: _____

City: _____ **State:** _____ **Zip Code:** _____

Phone: (_____) _____ - _____ **Email address:** _____

In case of emergency call: _____ **at phone:** _____ **Estimated finish time:** _____

Fill out completely and mail with Entry Fee to:

Old Mill 5K Run c/o Heather Dyche

302 Washington Street

London, KY 40741

Make Checks Payable to:

OLD MILL 5K RUN (No Refunds)

We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive toward volunteers.

Due to insurance regulations, no roller blades, strollers, bicycles or dogs on the course.

ATHLETE’S RELEASE. PLEASE READ. TO RUN THE RACE, YOU MUST SIGN AND DATE IT.

I know that running in races is a potentially hazardous activity. I should not enter and run in the Old Mill 5K Run 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 and/or volunteering to work in the aforementioned race, including but not limited to falls, contact with other participants, wildlife encounters, the effects of weather, including high heat or humidity, ice and snow, 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 anyone entitled to act on my behalf, hereby waive and release the LAUREL COUNTY HOMECOMING, OLD MILL 5K RUN, any and all members thereof, and all further sponsors, their representatives, successors and assigns, from all claims of liability 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 also grant permission to all the foregoing to use any photograph, motion pictures, recordings, or any other record of this event for any legitimate purpose. I also understand that by signing this form, I consent to have my name and address released to RoadID for promotional purposes.

Athlete’s signature (If under 18, parent’s signature)

Date