

Oak Ridge Schools on the Run to STOMP OUT Tobacco 5 K Entry Form

Participants Name: _____ Phone: _____

Email: _____ I am a: ORS Parent ORS Student ORS Teacher/Staff Other

Address: _____ City: _____ State: _____ Zip _____

Check your Payment: *In order to compete, you must be in good health and physically prepared to take on the challenges of the event you register for. Registration is available online in advance or on race day. Skateboards, skates, and bikes, are prohibited on the course. Online and mail in registration for the 5K race closes on February 29, 2016.*

5K only \$20 (non-student) 5K Race Day \$25(non-student) Oak Ridge School Student (Prek-12) FREE

Age: 10 & under (must run with a paying adult) 11-14 15-19 20-29 30-39 40-49 50-59 60+

Gender: Male Female

T-Shirt Size (Limited Quantities so please pre-register!): YS YM YL S M L XL XXL

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK:

By indicating your acceptance, you understand, agree, warrant and covenant as follows: I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic and conditions of the road. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters, **Oak Ridge Track Club, Oak Ridge Schools, ORS, Coordinated School Health, Jenifer Laurendine, the City of Oak Ridge, I Am Athlete, LLC ("IamAthlete"), SportsWare, Inc.** and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for all of my liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the _____ above _____ parties, _____ or _____ otherwise.

I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event to use in media, school websites, newspapers, social media, etc.

Signature/Name of Participant

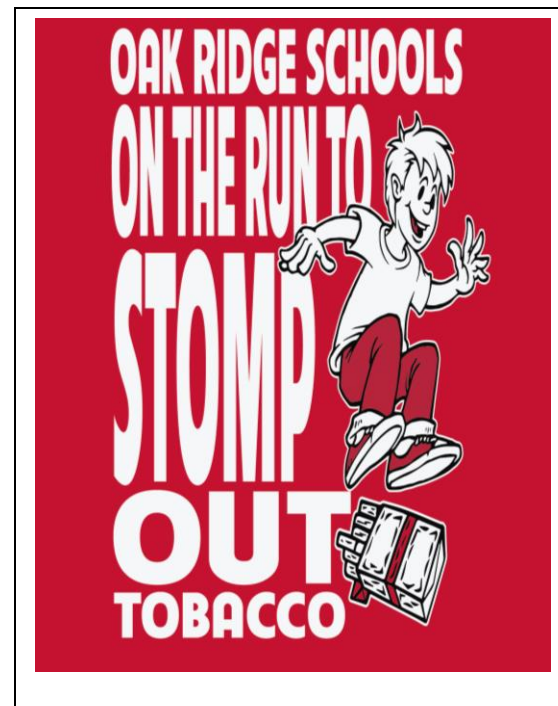
Date

Signature of Parent (if participant under 18)

Date

**Please send payment and make checks payable to:
Oak Ridge Track Club (Memo- ORS on the Run)
P.O. Box 4994
Oak Ridge, TN 37831-4994**

OR online at <http://www.imathlete.com/events/SchoolsOnTheRun5k2016>



**Saturday, March 5, 2016
Race Time: 8:00 a.m.
Melton Lake Park,
Pavilion/Peninsula
Oak Ridge, TN**

**Benefiting the Oak Ridge
Schools – Coordinated
School Health Program**

Event will allow CSH program to provide events, such as the Turkey Trot, free of charge to our students.

**ORS – Coordinated School Health
SAB – Pupil Services Department
304 New York Avenue
Oak Ridge, TN 37830
Phone: 865-425-9028
jlaurendine@ortn.edu**

Oak Ridge Schools on the Run to STOMP OUT Tobacco 5K Information

Event

The ORS 5K will benefit the students of Oak Ridge Schools and raise awareness to *#ChooseNotToUse* tobacco! Proceeds will go directly to implementing healthy initiatives and events throughout the school year.

Times

Race Registration: 6:30am – 7:45am

Packet Pick-up: 6:30am – 7:45am

5K Start: 8:00am

Awards Ceremony: 9:30am

5K Awards

Student awards include 'Lil Bit, Junior & Senior Divisions. Overall male/female finisher, Masters, Grand Masters, Senior Grandmasters and top three finishers in each age category. All student participants will receive a participation ribbon.

Registration

Register by mail using the form on the reverse side or online at *IamAthlete* link. Registration ends 3/4/16. Race day registration will be available but a t-shirt is not guaranteed. Registration will take place at Melton Lake Pavilion starting at 6:30am.

Packet Pick-up

Pre-Race Packet Pickup will be available on Race Day Only between 6:30am – 7:45am at Melton Lake Pavilion.

Course Information

Runners will begin at the south end of the marina peninsula. They will make their way and proceed north through the parking lot. In the parking lot, they will pass the first TWO left turns and then turn left in the third parking area. They will exit the marina parking area and proceed onto Melton Lake Drive, turning right. All runners will stay in the right hand lane which will be closed to traffic by ORPD. At Oak Ridge Turnpike, runners will turn right and stay in right hand lane. They will merge into the turn lane into Elza Gate Park where they will find a water station. They will then enter greenway and stay on greenway until the turn immediately after the Melton Lake Pavilion. The finish line is the same as the start. Race results will be posted at www.oakridgetrackclub.org.



About ORS Coordinated School Health:

Coordinated School Health encourages healthy lifestyles, provides needed supports to at-risk students and helps to reduce the prevalence of health problems that impair academic success.

Coordinated School Health is an effective approach designed to connect health (physical, emotional and social) with learning. CSH improves children's health and their capacity to learn through the support of families, communities and the schools working together.

The involvement of parents, families and community is the glue that binds the CSH. Full involvement of these entities as partners in the educational process provides valuable input, increases the commitment of all partners and ensures positive educational and health outcomes.

The CSH approach consists of eight major components: health education, health services, counseling, psychological and social services, nutrition, physical education/physical activity, school staff wellness, healthy school environment and student/parent/community involvement.