

3rd ANNUAL JINGLE BELL JOG 5K

Presented by



DATE: 6 December 2008 **LOCATION:** Downtown Clarksville, TN at the Public Square
START TIME: 9 am for 5K, immediately following the 5K is the Fun Run (12 and under, 1/2 mile)
COURSE: This 5k course is challenging and hilly but has a great view of the Cumberland River and will start the day of events presented by the City of Clarksville. USATF Certified, with a different start and finish area.
AWARDS/AGE DIVISIONS: All pre-registered entrants are guaranteed to receive a long-sleeve T-shirt, Fun Run not included. The overall Men's and Women's winners are not eligible for age division awards.
5K Age Divisions: First Overall Three Places, First Place Master (40+) and Grandmasters (50+) Overall. The age groupings are listed below and are minimum standards of the RRCA: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-75+
Team/Business/Club Division: First Overall Three Places, Most Teams for one organization competing. Overall Winners receive Special Award. Results will be posted on the R3 Website
EVENTS: There are three events this year. Take a look below, win the TEAM event and take a special prize back for your team, business, church, school or local club
5K- \$15 before December 5, \$20 Race Day
Fun Run (all participants receive a certificate at race)- \$5, all proceeds go to Friends of Rotary Park
TEAM/Corporate 5K- \$50, challenge others at your business, school or local club to enjoy this one. All members will run the 5k and the times will be averaged between three members. All you need is a team name.
Support Organizations: Clarksville Police Department, EMS of Clarksville
More Info: Door prizes will be presented during the Awards Ceremony (must be present to win).
 Make Checks payable to: R3 Running Racing Relaxing **Sign up on www.active.com or send in this form**
 Send Checks prior to December 4, 2008 to: 2535 Madison St STE H, Clarksville, TN 37043

Last Name _____ First Name _____ GENDER M / F Birthdate _____
 Street Address _____ City _____ State _____ Phone _____
 Registration (Circle Event below): EMAIL _____
 5K - \$15 (\$20 Race Day)
 Fun Run - \$5 (Shirts are not included, but may be available for purchase at event)
 TEAM - \$50 Circle one MALE FEMALE CO-ED **All Team Members fill out individual registration
 TEAM NAME _____
 Shirt Size (circle) XSM SM MED LG XL XXL OFFICIAL USE ONLY BIB # _____

Read and sign below: I know that running a road race is a potentially hazardous activity. I am in adequate physical, mental and medical condition to participate in this event. In consideration of acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release, the event directors, R3 Running Racing Relaxing, Sagelle, LLC, The City of Clarksville, event sponsors, race volunteers, race officials, Timing personnel and all persons and organizations affiliated with the Jingle Bell Jog 5K from any and all liability arising from illness, injuries, damages and even death I may suffer as a result of my participating in this event for any legitimate purpose. I understand that entry fees are non-refundable. I understand that dogs, headphones, bikes and rollerblades are not permitted on the event course.
 Signature _____ Parent's Signature (under 18) _____