

### SHIRT SIZE

(Shirts are only guaranteed if registration is received by August 11<sup>th</sup>. Any registrations after that date will receive shirts on a first come, first served basis, subject to availability.):

Adult sizes:  S  M  L  XL  XXL

Youth sizes:  S  M  L

I am on a XC team and choose not to purchase a shirt.

### XC TEAM PACKET PICKUP INFORMATION:

I am on a XC team and **would** like my race bib/shirt included in the team packet pickup

Team Name: \_\_\_\_\_

I am on a XC team and **would not** like my race bib/shirt included in the team packet pickup

### OTHER INFORMATION

How did you hear about the 5K for FCA race?

Facebook / Twitter / Instagram

Email Blast

FCA Website

Past Participant

Family/Friend

5K Sponsor Promotion

School Challenge Participant

Other: \_\_\_\_\_

Are you running this race for CTC ROY points?

Yes

No

### FOR OFFICE USE ONLY

Amount Paid: \_\_\_\_\_



## Greater Chattanooga / Southeast Tennessee Fellowship of Christian Athletes

- FCA has a presence at more than 70 high schools, middle schools, and colleges across the seven counties comprising the Greater Chattanooga/Southeast Tennessee Area.
- Approximately 4,000 high school, middle school, and college young people are involved with FCA in southeast Tennessee.
- Five full-time staff members (Jay Fowler, Julie Watson, Laura O'Dell, Duvall Young, and Hudson Smith) and two part-time staff members (CJ Cesario and Sarah Spencer) along with a 22-person Leadership Board and numerous volunteers, are responsible for conducting FCA activities in the GC/ST Area.
- Over 1,000 area students and coaches have been involved in special FCA events such as Training Day, Fields of Faith, and a Leadership Breakfast.
- FCA's local budget of \$750,000, which funds staff, programs, activities, and camp scholarships, is raised within the area through donations from individuals, businesses, churches, and foundations.

Chattanooga FCA

PO Box 338

Hixson, TN 37343

 [www.facebook.com/ChattanoogaFCA](http://www.facebook.com/ChattanoogaFCA)

 @ChattanoogaFCA

 "ChattanoogaFCA"

 [www.chattanoogafca.org](http://www.chattanoogafca.org)

 [office@chattanoogafca.org](mailto:office@chattanoogafca.org)

# 5K for



Back on  
Labor Day  
Monday

## Monday, September 2nd Chattanooga State Campus

sponsored by

**FRONT RUNNER**  
ATHLETICS

## SCHEDULE OF EVENTS

|          |                                 |
|----------|---------------------------------|
| 6:30 AM  | Registration                    |
| 8:30 AM  | 5K Race                         |
| 9:30 AM  | Kiddy 1K / Jr. Marathon         |
| 10:00 AM | Door Prizes and Awards Ceremony |

## SPECIAL NOTES

- Kiddy 1K event is for children 5 years and younger.
- Jr. Marathon is for 6-11 year olds.
- Strollers will be permitted - Parents are welcome to accompany their children.
- Awards will be given to overall and age group winners (all award categories listed online)
- CTC points will apply to 5K runners.

## RACE CATEGORIES/COSTS

### 5K Run/Walk

Priority Registration (Before August 12) - \$30  
Packet Pickup/Race Day Registration - \$35

### XC Team Members :

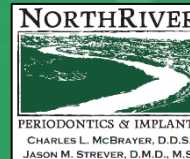
- \*Must be registered by August 11
- \*Only runners (age 18 and below) on a school cross country team qualify for this rate
- \*Rate without t-shirt - \$10
- \*Rate with t-shirt - \$15

Kiddy 1K/ Jr. Marathon - \$10  
(non-timed, includes shirt)

## EARLY PACKET PICK-UP TIMES

Friday, August 30<sup>th</sup> - 2pm-6pm  
at Front Runner Athletics on Hixson Pike.

## Special thanks to our race sponsors:



### SUPPORTING SPONSORS INCLUDE:

Chattanooga Track Club  
Chattanooga State Technical and Community College  
RiverPark  
Special Thanks to the UTC Cross Country Running Mocs  
and UTC Wrestling Team

## REGISTRATION FORM

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Age (as of 9/2/19): \_\_\_\_\_ Gender:  M  F

Address: \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

### RACE CHOICE

- 5K  
 Kiddy K  
 Junior Marathon

### PAYMENT INFORMATION

Make checks payable to: **5K for FCA**  
Mail fee to: **Front Runner Athletics**  
**4251 Hixson Pike**  
**Chattanooga, TN 37415**

For more race information or to register online:  
[ChattanoogaFCA.org/race](http://ChattanoogaFCA.org/race)

### WAIVER OF LIABILITY:

I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of the race official relative to my ability to safely complete the run. I assume all risk associated with running in this event, including, but not limited to: falls, contact with other participants, the effect of the weather, including high heat and/or humidity; traffic; and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Front Runner Athletics and all other sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent's Signature (if under 18 yrs): \_\_\_\_\_

Date: \_\_\_\_\_

**PLEASE COMPLETE PART 2  
ON REVERSE SIDE**