

6th Annual

AMIS MILL 10K

SKELTON LAW RACING SERIES

DATE, TIME & PLACE Saturday, May 11, 2019. 8:00 a.m. Amis Mill Eatery

127 West Bear Hollow Road, Rogersville, Tennessee 37857

Thomas Amis Historical Site established 1780. Tennessee's oldest stone dam.

COURSE DESCRIPTION Start & finish overlooking spectacular Big Creek Falls at Amis Dam.

Scenic out and back course on rural paved roads. USATF course certification TN14020MS

2019 RRCA Tennessee State 10K Championship; State of Franklin Track Club King & Queen Competition

Course closes at 1 hour 30 minutes! You will not be included in results after this cutoff.

REGISTRATION & ENTRY FEE Pre-registration fee **\$25.00** if postmarked by Friday, April 26!

SFTC members receive **\$5.00** discount if pre-register. Late registration fee **\$40.00** with no discount!

Race day registration begins 7:00 a.m. at Amis Mill Pavilion.

No dogs/pets allowed at event!

COURSE RECORDS: MALE Austin Kirkpatrick 37:21 (2017); FEMALE Tracy Longhurst 41:25 (2016)

SHIRTS First quality commemorative shirts. Only pre-registered runners guaranteed shirts!

AWARDS Top overall, top masters (40+), top grandmasters (50+), and top seniors (60+), male & female.

Overall winners not eligible for age division awards. Top 3 in each age group: 14 & under, 15-19, 20-24,

25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over, male & female.

POST RACE CELEBRATION Breakfast buffet by Amis Mill Eatery!

For additional breakfast tickets, submit guest name & **\$10.00** per guest with race entry.

Breakfast and awards ceremony at Amis Mill Pavilion.

Awards must be picked up on race day. Must be present for prize drawings.

GOLD SPONSORS Law Office of Mark A. Skelton, Amis Mill Eatery,

R. Douglas Strickland M.D., and Rural Health Services Consortium Inc.

RESULTS Complete results available at www.RunTriCities.org

COURSE ETIQUETTE No unsportsmanlike conduct.

No headphones, bicycles, strollers, trekking poles, rollerblades, skateboards,

dogs (leashed or otherwise), or unregistered runners/walkers allowed on course.

INFORMATION Contact race director **Mark Skelton** at markskelton@markskelton.com

423-272-4812 (office), 423-345-2335 (home), 423-272- 0712 (fax)

AMIS MILL information at www.amismill.com



OFFICIAL 2019 AMIS MILL 10K ENTRY FORM

Name _____

Last _____

Address _____

First _____

City _____ State _____ Zip _____

Sex: Male _____ Female _____

Phone (_____) _____ - _____

Age (as of 5-11-19) _____

E-mail address _____

Date of Birth m _____ d _____ y _____

Emergency contact (name & phone) _____

Circle shirt size: S M L XL

Breakfast Guests _____ (\$10.00 each)

Complete and Mail with Entry Fee to:

AMIS MILL 10K
Law Office of Mark Skelton
121 South Depot Street
Rogersville, TN 37857

Make checks payable to:
SKELTON LAW RACING
(No Refunds or Transfers)

ATHLETE'S RELEASE: YOU MUST READ, DATE AND SIGN RELEASE TO ENTER
I know that participating as a runner/walker in races is a potentially hazardous activity. I should not enter the AMIS MILL 10K 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 this race, including but not limited to falls, contact with other participants, the effects of the weather, 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, waive and release the Law Office of Mark A. Skelton, Skelton Law Racing, Amis Mill Eatery, any and all sponsors, their representatives & successors from all claims or liability of any kind arising out of my participation in this 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 picture, recording, or any other record of this event for any legitimate purpose. I affirmatively consent and grant permission to Skelton Law Racing and associated parties to contact or otherwise communicate with me by email.

Athlete's Signature

Parent's Signature if under 18

Date