

BAYS MOUNTAIN TRAIL RACE

SKELTON LAW RACING SERIES

DATE, TIME & PLACE Saturday, September 14, 2019, 8:00 a.m.

Bays Mountain Park & Planetarium, 853 Bays Mountain Park Road, Kingsport, Tennessee 37660. Free entry & free parking.

COURSE DESCRIPTION 15 mile trail race on scenic trails of 3,550 acre Bays Mountain Park nature preserve.

This is a challenging race and should only be run if you are properly trained. It is recommended that you carry water.

Course closes at 3 hours 45 minutes! You will not be included in results after this cutoff.

State of Franklin Track Club **King & Queen Competition, Trail Series Competition & Long Distance Series.**

COURSE RECORDS MALE Aaron Saft 1:33:21 (2007); FEMALE Carrie Boyd 1:52:53 (2013)

DIRECTIONS Meadowview Parkway exit off I-26, turn west, take Reservoir Road to Bays Mountain Park Road.

REGISTRATION & ENTRY FEE Pre-registration fee **\$30.00** if postmarked by Friday, August 30.

SFTC members receive **\$5.00** discount if pre-register. *Late registration* fee **\$50.00** with no discount!

Race day registration begins 7:00 a.m. at Farmstead Museum. No dogs/pets allowed at event!

AWARDS Top overall, top master (40+), top grandmaster (50+), & top senior grandmaster (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 and female. Awards must be picked up on race day.

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

POST-RACE CELEBRATION Awards and refreshments at Farmstead Museum.

Lunch by Texas Roadhouse of Kingsport! Must be present for prize drawings.

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

GOLD SPONSORS Law Office of Mark A. Skelton, Texas Roadhouse of Kingsport,

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

RESULTS Complete results available at www.RunTriCities.org

COURSE ETIQUETTE No unsportsmanlike conduct. No headphones, strollers, bicycles,

trekking poles, 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)

BAYS MOUNTAIN PARK information at 423-229-9447 or www.baysmountain.com



OFFICIAL 2019 BAYS MOUNTAIN TRAIL RACE ENTRY FORM

Name _____ Address _____
Last _____

First _____ City _____ State _____ Zip _____

Sex: Male _____ Female _____ Phone (_____) _____ - _____

Age (as of 9-14-19) _____ E-mail address _____

Date of Birth m _____ d _____ y _____ Emergency contact (name & phone) _____

Circle shirt size: S M L XL

Lunch Guests _____ (\$10.00 each)

Complete and Mail with Entry Fee to:
BAYS MOUNTAIN TRAIL RACE
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 BAYS MOUNTAIN TRAIL RACE 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 trails 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 Skelton, Skelton Law Racing, Bays Mountain Park, 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 pictures, 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