

LAUREL RUN ASCENT

SKELTON LAW RACING SERIES

DATE, TIME & PLACE Saturday, April 13, 2019, 8:00 a.m.

Laurel Run Park, 364 Laurel Run Park Road, Church Hill, Tennessee 37642

COURSE DESCRIPTION 11 mile trail race from Laurel Run Park to Bays Mountain Park fire tower and back to Laurel Run Park. Scenic course includes Laurel Run Trail, Kiner Hollow Trail & Indian Pipes Trail in 3,550 acre Bays Mountain Park nature preserve. This is a challenging race with creek crossings and should only be run if you are properly trained. It is recommended that you carry water.

2019 RRCA Tennessee State Cross Country Championship

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

Course closes at 2 hours 45 minutes! You will not be included in results after this cutoff. Must yield to descending runners!

COURSE RECORDS: MALE Michael Smelser 1:13:34 (2008); FEMALE Carrie Boyd 1:27:58 (2014)

DIRECTIONS from Highway 11W in Church Hill, turn south onto Goshen Valley Road & follow signs to Laurel Run Park.

REGISTRATION & ENTRY FEE Pre-registration fee **\$25.00** if postmarked by Friday, March 29.

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 shelter #1 in Laurel Run Park. No dogs/pets allowed at event!

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

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

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

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.

POST RACE CELEBRATION Lunch catered by Texas Roadhouse of Kingsport!

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

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

RESULTS Complete results available at www.RunTriCities.org

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



MARK A. SKELTON
ATTORNEY AT LAW

OFFICIAL 2019 LAUREL RUN ASCENT RACE ENTRY FORM

Name
Last _____ Address _____

First _____ City _____ State _____ Zip _____

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

Age (as of 4-13-19) _____ 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:

LAUREL RUN ASCENT
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 LAUREL RUN ASCENT 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, Laurel Run Park, 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