

18<sup>th</sup> Annual

# SURGOINSVILLE 10 MILER

## SKELTON LAW RACING SERIES

**DATE, TIME & PLACE** Saturday, November 7, 2020, 8:00 a.m.

Surgoinsville Middle School, 1044 Main Street, Surgoinsville, Tennessee 37873

**COURSE DESCRIPTION** Scenic out & back course on rural paved roads along Holston River.

Course closes at 2 hours 30 minutes! You will not be included in results after this cutoff.

No water stations on course due to COVID-19 – you must bring and carry your own water if desired.

USATF course certification #TN14014MS. Course is not closed to traffic.

**COURSE RECORDS** MALE: Matthew Sonnenfeldt 52:21 (2015), FEMALE: Molly Allen 1:03:03 (2010)

**REGISTRATION & ENTRY FEE** You must pre-register (no late or day-of-race registration). *Registration fee \$30.00*, must be postmarked by Wednesday, October 28. SFTC and KTC members receive **\$5.00** discount if pre-register.

Due to COVID-19, registration is capped at 125 runners (those received after maximum capacity is reached will be returned).

Packet pick-up will be outside in front of Surgoinsville Middle School on race day.

No person shall enter Surgoinsville Middle School except to use restrooms.

**RESULTS** Complete results in the following categories will be posted online at [www.RunTriCities.org](http://www.RunTriCities.org)

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

Overall winners not eligible for age division categories: 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** Cancelled due to COVID-19.

**SHIRTS** First quality commemorative shirts for registered runners.

**GOLD SPONSORS** Law Office of Mark A. Skelton, Barberitos of Kingsport, R. Douglas Strickland M.D., and Rural Health Services Consortium Inc.

**COURSE ETIQUETTE** No unsportsmanlike conduct. No headphones, bicycles, strollers, trekking poles, rollerblades, skateboards, dogs (leashed or otherwise), pacers, bandits, or unregistered runners/walkers allowed on course.

**INFORMATION** Contact race director **Mark Skelton**

[markskelton@markskelton.com](mailto:markskelton@markskelton.com) or 423-272-4812 (office)



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### OFFICIAL 2020 SURGOINSVILLE 10 MILER ENTRY FORM

Name  
Last \_\_\_\_\_ Address \_\_\_\_\_  
First \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Sex: Male \_\_\_\_\_ Female \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
Age (as of 11-7-20) \_\_\_\_\_ E-mail address \_\_\_\_\_  
Date of Birth m \_\_\_\_\_ d \_\_\_\_\_ y \_\_\_\_\_  
Emergency contact (name & phone) \_\_\_\_\_  
Circle shirt size: S M L XL

Complete and Mail with Entry Fee to:  
**SURGOINSVILLE 10 MILER**  
Law Office of Mark Skelton  
121 South Depot Street  
Rogersville, TN 37857

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

**You must review the COVID-19 Event Regulations and sign/date the Athlete Release on page 2 to participate.**

**Runners registered for the postponed March event are automatically entered in this event but must also return the Athlete Release on page 2 prior to race to participate.**

# OFFICIAL 2020 SURGOINSVILLE 10 MILER ENTRY FORM

## COVID-19 Event Regulations

These COVID-19 Event Regulations have been established to help prevent the spread of COVID-19:

- No person should participate or attend if he/she or a household member have experienced flu- or COVID-19-like symptoms (cough, shortness of breath, sore throat, fever, new loss of taste or smell, vomiting or diarrhea) during the 14 days preceding race day. Participants agree to complete a screening questionnaire upon request by race officials.
- No person should participate or attend if he/she or a household member have been advised by a physician or public health official to quarantine or isolate due to COVID-19 during the 14 days preceding race day or have been in close contact (within 6 feet for 15 minutes or more) with a confirmed case of COVID-19 in the 14 days preceding race day (Note: This does not apply to medical personnel and first responders who encounter COVID-19 as part of their professional duties while wearing appropriate PPE.).
- All persons must wear a face covering when in close proximity to others, including during packet pickup and in restrooms. Face coverings are not required to be worn by participants during the race.
- No person shall enter Surgoinsville Middle School except to use restrooms.
- All persons must practice social distancing by maintaining appropriate spacing between persons and avoiding congregating while on the premises. Do not gather inside school. Do not leave personal items inside school during race. The race start will be modified to promote social distancing. Participants are encouraged to depart as soon as reasonably practicable after finishing.
- Practice good hand hygiene and respiratory etiquette. Water stations will not be provided on the course.
- Finish line protocols may be modified due to COVID-19. Follow any instructions from finish line personnel.
- Participants and observers may not congregate in finish line area. Do not ask finish line personnel for information regarding finish time or place. Complete results will be posted online after event.
- The traditional post-race celebration and awards ceremony will not occur.
- You are encouraged to limit the number of guests who attend with you. All guests must follow these COVID-19 Event Regulations.
- These regulations are subject to change.

Thank you for your patience and understanding. We are committed to promoting the safety and health of our runners/walkers, volunteers, their families, and the community.

### **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 SURGOINSVILLE 10 MILER 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 race. I assume all risks associated with running in this race, including but not limited to falls, contact with other persons, the effects of the weather, the condition of the road and traffic on the course, and the potential to contract a communicable disease resulting from contact with other persons or surfaces at the race, 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 and their owners, employees, representatives, and affiliates, Surgoinsville Middle School, 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 consent that I am not entitled to a refund if the event is cancelled before or during the event. I also grant permission to all the foregoing to use any photograph, video, 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 or text message.

\_\_\_\_\_ (initial) I have read and agree to follow the above COVID-19 Event Regulations.

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

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Parent's Signature if under 18

\_\_\_\_\_  
Date