

19<sup>th</sup> Annual

# SURGOINSVILLE 10 MILER

## SKELTON LAW RACING SERIES

**DATE, TIME & PLACE** Saturday, October 16, 2021, 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.

USATF course certification #TN14014MS. It is recommended that you carry water.

**2021 RRCA Tennessee State 10 Mile Championship**

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

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

**REGISTRATION & ENTRY FEE** *Pre-registration* fee **\$30.00** if postmarked by Friday, October 1.

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

No race day registration! Packet pickup begins 7:00 a.m. at Surgoinsville Middle School. No dogs/pets allowed at event.

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

**AWARDS** Top overall, top master (40+), top grandmaster (50+), and 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 & female.

**POST-RACE CELEBRATION** Lunch catered by Barberitos Southwestern Grille & Cantina 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 race results available at [www.RunTriCities.org](http://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 RRCA Certified Race Director Mark Skelton

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

**COVID-19 PROTOCOLS** We are committed to promoting the safety and health of our runners, volunteers, their families, and the community. These protocols are intended to help prevent the spread of COVID-19:

- Vaccination against COVID-19 is strongly encouraged prior to participation. Race officials reserve the right to inquire about or request proof of a participant's or guest's full vaccination or recent negative test.
- No person should participate or attend if he or she is currently experiencing COVID-19-like symptoms (cough, shortness of breath, sore throat, fever, new loss of taste or smell, vomiting or diarrhea). Participants agree to complete a screening questionnaire upon request by race officials.
- No person should participate or attend if he/she has received a positive test result for COVID-19, or been advised by a physician or public health official to quarantine or isolate due to COVID-19, during the 14 days preceding race day.
- Persons not vaccinated against COVID-19 should wear a face covering during packet pickup, in restrooms, and during post-race activities. Face coverings are not required to be worn by participants during the race.
- Race day activities may be modified due to COVID-19 circumstances at the time.
- All participants and guests must follow these COVID-19 protocols. These protocols are subject to change.



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



[PLEASE COMPLETE ENTRY FORM ON NEXT PAGE]

# OFFICIAL 2021 SURGOINSVILLE 10 MILER ENTRY FORM

Name  
Last \_\_\_\_\_

Address \_\_\_\_\_

First \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Sex: Male \_\_\_\_\_ Female \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Age (as of 10-16-21) \_\_\_\_\_

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:

**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)

--Official Use Only--



## 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 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 and traffic on the course, and the potential to contract a communicable disease resulting from contact with other persons or surfaces at the event, 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 entry, I for myself, and anyone entitled to act on my behalf, waive and release the Law Office of Mark A. Skelton and Skelton Law Racing and their owners, employees, representatives, and affiliates, Surgoinsville Middle School, any and all sponsors, their representatives and 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 and text message.

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

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

\_\_\_\_\_  
Date