



www.secretcityhalfmarathon.com



www.oakridgetrackclub.org



www.JakeBreak4Kids.com



www.tn.gov/education/schoolhealth

SECRET CITY HALF MARATHON **4 KIDS**

About: The Secret City Half Marathon 4Kids is a 13.1 Mile Fun Run for children ages first through 6th grade (school year 2011). Organized by the Oak Ridge Track Club, this free event encourages children to exercise by establishing a fun and exciting goal for them to strive toward. Participants in the Half Marathon 4Kids will, over the course of summer and fall 2011, walk and/or run a total of 12 miles. On November 20th, 2011, participants will complete the final mile of the Half Marathon 4Kids at the annual Secret City Half Marathon.

The purpose of the event is to have fun with physical fitness and the race is not timed or scored. Sponsored by JakeBreak4Kids, Inc. and the Tennessee Coordinated School Health, the Half Marathon 4Kids encourages exercise and healthy lifestyles.

Registration: Registration will open in Spring 2011. Go to the Oak Ridge Track Club's website at www.secretcityhalfmarathon.com. The event is FREE, however space is limited to the first 100 kids who register. **T-shirts & medals will be awarded to all finishers registered prior to Nov. 1, 2011.**

Logging Miles: Prior to November 20, 2011 Half Marathon 4Kids participants must run and/or walk a total of 12 miles. Participants may divide up the mileage however they like, although it is suggested that they log a mile at a time. Participants must complete their mileage under adult supervision. Participants will document their mileage using an official Secret City Half Marathon 4Kids Mileage Log.

The Last Mile: On November 20, 2011 participants will jog or walk the last mile of their half marathon on part of the actual Secret City Half Marathon course. Upon completion, they will receive a finisher's medal as a keepsake for their hard work and dedication.

Race Start/Finish: The event starts and finishes at the National Fitness Center in Oak Ridge, Tennessee. The Half Marathon 4Kids will be run during the Secret City Half Marathon and will finish at the Half Marathon Finish Line.

Official Race Number: To participate in the Secret City Half Marathon 4Kids Marathon and get an official race number, t-shirt, and a goody bag at packet pickup, participants will need to present their mileage log with 12 miles completed. Medals will only be given to those children who cross the finish line wearing an official Secret City Half Marathon race number.

Register at www.secretcityhalfmarathon.com

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ENTRY FORM

Child's Name: _____

School: _____

Age on Race Day: _____

Note: Children younger than kindergarten must be accompanied by an adult or sibling.

Parent's Name: _____

Parent's Phone: _____

Parent's Address: _____

Email Address: _____

Youth T-Shirt Size: _____

Mail entry form to:
ORTC
P.O. Box 4994
Oak Ridge, TN
37831-4994

Form must be filled out and signed by child's parent or guardian before child may enter the Secret City Half Marathon 4Kids.

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the SECRET CITY HALF MARATHON 4KIDS 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 and /or volunteering to work in the aforementioned race, including but not limited to falls, contact with other participants, the effects of weather, including high heat or humidity, ice and snow, 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 OAK RIDGE TRACK CLUB OR JAKEBREAK4KIDS, INC., any and all members thereof, and all further sponsors, their representatives, successors, from all claims or liability of any kind arising out of my participation in the aforementioned 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, recordings, or any other record of this event for any legitimate purpose.

X

Parent or guardian's signature

Date

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Rules and Instructions & Mileage Log

RULES/INSTRUCTIONS

The event is open to children in 6th grade or younger. A waiver must be signed by a parent or guardian for a child to participate. Children younger than kindergarten must be accompanied by an adult or older sibling. Finishers receive a medal upon crossing the finish line!

The Secret City Half Marathon 4Kids Mileage Goal:

Kids who run 12 miles leading up the Secret City Half Marathon 4Kids will receive a finisher's medal upon crossing the finish line. Keep track of the miles during the months leading up to the Secret City Half Marathon 4Kids on the log below. Bring the completed log to check-in before the start to get (racer's packet).

Parents or Teachers: Please initial each box as the child completes the mileage on his or her way to 12 miles. The child must bring this completed form to check-in on Nov. 19th or Nov. 20th indicating they completed their miles

Mile 1 _____	Mile 2 _____	Mile 3 _____	Mile 4 _____
Mile 5 _____	Mile 6 _____	Mile 7 _____	Mile 8 _____
Mile 9 _____	Mile 10 _____	Mile 11 _____	Mile 12 _____