



Stone Memorial High School

7th Annual Panther Dash

5K Race and 1-Mile Walk/Fun Run

Saturday, November 10, 2018 8:30 a.m. CST

Benefits: SMHS Coordinated School Health and Christmas on the Mountain Toy Drive

5th Race in the Healthier Tennessee Race Series

Date, Time & Place: Saturday, November 10, 2018 at 8:30 a.m. CST (Registration will begin at 7:30 a.m.) Stone Memorial High School, 2800 Cook Rd., Crossville, TN 38571

Course Description: 5K route will begin at SMHS and proceed to Cook Rd. passing by RSCC, and continuing to the I-40 overpass and back. The 1-Mile Walk/Fun Run will be held on the SMHS campus.

Registration & T-Shirts: All pre-registered runners and pre-registered walkers will receive a t-shirt. Late registrations will receive a t-shirt as long as supplies last. Pre-registrations must be post-marked by October 26th.

5K Awards: Awards to top overall male/female winners. Awards 3-deep to males and females in: 9 and under, 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over. Overall winners are not eligible for age division awards.

1-Mile Walk/Fun Run: Runners and walkers of all ages are welcome. Awards to top 5.

5K Team Award: Awarded to the team with the fastest combined time of their fastest 3 runners. (There can be more than 3 on the team.)

School Award: Awarded to the school with the most student participants. (5K and/or I-mile)

Information: Kelly Smith: (931) 484-5767, e-mail ksmith3@ccschools.k12tn.net

5K Race _____

1-Mile Walk/Fun Run _____

Last Name _____ First Name _____ Age _____ DOB ____/____/____

Male / Female (circle one) T-Shirt: Adult: S ___ M ___ L ___ XL ___ XXL ___ Youth: M ___ L ___

Mailing Address _____

City _____ State _____ Zip Code _____

Phone Number _____ Email _____

Team Name (if applicable) _____ Cumb. Co. School Attending (if applicable) _____

*** (Each participant must submit an individual registration form and fee.)

Entry Fee: \$20 Postmarked by October 26, 2018 and \$25 After October 26, 2018

Cumberland County Students (Pre-K through 12th grade) \$15

Make Checks Payable to: Stone Memorial High School

Mail to: SMHS, Attn: Kelly Smith, 2800 Cook Rd., Crossville, TN 38571

Waiver: I know that participating, as a runner/walker in races and walks, is a potentially hazardous activity. I should not enter nor participate in the Panther Dash unless I am medically able. I, by entry into this event, release for myself and anyone on my behalf, all persons affiliated with this event, their employees, agents and/or representatives, including but not limited to Stone Memorial High School, Christmas on the Mountain, and all sponsors, from all claims or liabilities of any kind of nature whatsoever arising out of my voluntary participation. I understand that SMHS and Cook Rd. will not be closed to traffic during the 5K race. I know that running is potentially dangerous and I assume all risks.

Signature _____ Date _____

(If under 18, parent/guardian signature)