

First Baptist Church - Etowah Proudly Presents  
The 15th Annual  
**INDEPENDENCE DASH**

5K Road Race & 1 Mile Fun Run/Walk

**DATE:** July 4, 2019 Both events (race & fun run/walk) will start at **7:30am**; course closes at 9:00am.  
**COURSE DESCRIPTION:** Scenic out-and- back course - race will start at Capstar Bank and run north on Hwy 411 then east onto Hwy 310 (Mecca Pike) to the turn around point.  
*Time splits called at each mile / volunteers located at turn around points for both the 1 mile & 5K events.*  
**REGISTRATION & ENTRY FEE:** Entry forms must be completed in full and signed by the participant (and legal guardian if under 18 yrs old). Registration fee is \$25.  
**T-SHIRTS:** Late registrants receive shirts while supplies last.  
**AWARDS:** Awards will be given to the 1st, 2nd, and 3rd place finishers (male & female) in each category (overall, age groups: under 10, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & Up). Overall winners will not be eligible for age group awards.  
The group with the most registered participants will be awarded the Patriot's Cup. The Patriot's Cup is a traveling trophy that must be returned for next year's event. Awards must be picked up on race-day morning; they will not be mailed.  
**INFORMATION:** Contact race director Holly Harper at hollyharper1@comcast.net for details.

PLEASE DO NOT SEPARATE FROM THE TOP OF FORM.

**\*\* New \*\* On Line Sign Up: <http://www.racersignup.com>**

Official 2019 Independence Dash Entry Form - Event Sanctioned by USA Track & Field

Race Number  For Official Use Only

**Name:**  
Last \_\_\_\_\_  
First \_\_\_\_\_

Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_

**Gender (circle one):** MALE FEMALE

Email Address \_\_\_\_\_

**Age:** (as of July 4, 2019) \_\_\_\_\_

In case of emergency, call \_\_\_\_\_ at \_\_\_\_\_  
(person's name) (phone #)

**Event:** 5K Race  1M Fun Run

Due to insurance regulations, baby strollers, bicycles, roller blades and dogs on the course are prohibited. We reserve the right to disqualify anyone who is abusive to volunteers.

Circle T-Shirt Size: YM S M L XL XXL

**Group Name:** \_\_\_\_\_  
(for the Patriot's Cup competition)

Register online or Mail Completed form with Entry Fee to:

First Baptist Church - Track Club  
824 Washington Ave.  
Etowah, TN 37331

**ATHLETE'S RELEASE: PLEASE READ. TO RUN THE RACE, YOU MUST SIGN AND DATE IT.**

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the INDEPENDENCE DASH 5K ROAD RACE or 1 mile Fun Run/Walk 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, walking, 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 First Baptist Track Club, First Baptist Church of Etowah, the City of Etowah, and any and all members thereof, and all further sponsors, their representatives and 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.

**On Line Sign Up: [www.racersignup.com/independence-dash-2019](http://www.racersignup.com/independence-dash-2019) or [www.fbcetowah.org](http://www.fbcetowah.org)**

**Make Checks Payable to:**

First Baptist Church, Etowah (No Refunds)

\_\_\_\_\_  
Athlete's Signature (& parent's / guardian's signature if under 18)

\_\_\_\_\_  
Date