



Saturday May 12th, 2018

Frozen Head State Park

Wartburg, Tennessee

Rain or Shine

**Participating Event
in the Tennessee Grand Prix:
totalracesolutions.com**

<https://runsignup.com/Race/TN/Wartburg/ProgressiveSavingsBanksMountainLaurel5K>

**Bonus Cash Prize if you
break the Course Record!**

**Male Record: 17:49.9
Female Record: 20:55**

USATF Certified Course TN17023MS

Registration: 7:00am, Race Time: 8:00am. **Course:** Out and back into the park.

Awards: Special Awards to top 3 overall finishers. Awards to Top Male/Female. Master Finishers (40+), Grand Masters Finishers (50+) Age Groups: Male/Female: 10 or under, 11-14, 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+ Participants are eligible for only one award. **All finishers will receive a medal!**

Registration Fee: \$25 Adults \$15 Kids under 12. Late Registration is May 1st-12th, \$30 for all. Late registrants will receive tshirts while supplies last

All Proceeds Benefit The Rains Foundation, which benefits students and charities with its fundraising efforts.

The Rains Foundation is a charitable organization dedicated to the principles championed by Lyndon Rains: scholarship, athleticism, physical vigor, sportsmanship, commerce, entrepreneurship.



Progressive's Mountain Laurel 5K 2018 and 1 Mile Fun Run to benefit The Rains Foundation.

Make Checks payable to: The Rains Foundation

Name: _____ Male Female

Street Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Birth Date: ____/____/____ Age on Race Day: _____

T-Shirt Size: Youth Small Youth Medium Youth Large Small Medium Large XL XXL

Event: 5K Run 1 Mile Fun Run email: _____

Liability and Publicity Release: In consideration of your accepting my entry to Progressive's Mountain Laurel 5k and 1 Mile Fun Run, I intend to be legally bound, do hereby for myself, my heirs, and assigns waive all claims for damages which I may have, or which hereafter occur to me against Progressive Savings Bank and its affiliates, race volunteers, The Rains Foundation, Frozen Head State Park, Total Race Solutions, and other sponsors, promoters, and contributors affiliated for any and all injuries or illness which may result from my participation. I attest and verify that I have full knowledge of the risk involved in these events, that I am physically fit and sufficiently trained to participate. I also authorized Progressive Savings Bank to use any photographs and/or video tape of my participation in said race for any and all purposes. I have read the above statement, I understand it and my signature confirms my full acceptance.

X _____

Signature of Participant/Parent or Guardian if less than 18 years of age

Date

Mail or drop registration form to Progressive Savings Bank, P.O. Box 927, Wartburg, TN 37887

