

# BEAT THE HEAT

WILLIAMSBURG, KENTUCKY

A WCHD HEALTH & WELLNESS PROGRAM RACE

In conjunction with the Friends for Families Ministries Fan & Air Conditioner Drive

**8:00 pm Friday, July 30, 2010**

**DATE/TIME/PLACE:** Friday evening, July 30, 2010 8:00 pm at Bill Woods Park downtown Williamsburg.

**COURSE DESCRIPTION:** A loop around downtown Williamsburg.

**REGISTRATION AND FEES:** Walkers/Runners may pre-register or sign up the day of the race from 6:00 pm - 7:30 pm at Bill Woods Park Downtown Williamsburg. Preregistration fee (by July 19, 2010) \$12.00, Late registration including day of the race \$15.00. Packet pick-up available only at Bill Woods Park on Friday, July 30, from 6:00 pm - 8:00 pm.

**T-SHIRTS/MEDALS:** T-Shirts guaranteed to the 1st 100 pre-registered walkers/runners on race day. Late and race day registrants, as supplies last.

**AWARDS:** Awards will be given for top Overall male and female. Other awards three deep in the following age divisions, male & female : 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+. Overall winners are not eligible for age division awards.

**RESULTS:** Results will be posted on the web page: [www.whitleycountyhealthdepartment.com](http://www.whitleycountyhealthdepartment.com)

**FOR MORE INFORMATION:** Contact Kathy Lay at (606) 549-3380 [katharinel.lay@ky.gov](mailto:katharinel.lay@ky.gov) or Audrey Luker at (606) 549-0886 [audreyf.luker@ky.gov](mailto:audreyf.luker@ky.gov)

## OFFICIAL 2010 BEAT THE HEAT 1 MILE ENTRY FORM

RACE NUMBER: \_\_\_\_\_ T-SHIRT SIZE: (Circle one): YS YM YL S M L XL

NAME:

LAST: \_\_\_\_\_ FIRST: \_\_\_\_\_ SEX -(Circle one): Male / Female

BIRTHDATE: m: \_\_\_\_\_ d: \_\_\_\_\_ y: \_\_\_\_\_ AGE as of (07/30/10) \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

PHONE: (\_\_\_\_\_) \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

In case of emergency, call: \_\_\_\_\_ at phone #: \_\_\_\_\_

Fill out completely and mail with Entry fee to:

**WCHD BEAT THE HEAT c/o Kathy Lay**

**114 N. 2nd Street**

**Williamsburg, KY 40769**

**Make Checks Payable to: WCHD (No Refunds)**

We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive toward volunteers. Due to insurance regulations, no roller blades, bicycles, or dogs on the course.

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

I know that walking/running in races are potentially hazardous activities. I should not enter and walk/run in the 2010 Beat the Heat 1 Mile 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 walk/run. I assume all risks associate with walking/running and/or volunteering to work in the aforementioned race, including but not limited to falls, contact with other participants, wildlife encounters, 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 entitle to act on my behalf, waive and release the WCHD Health & Wellness Program and the Friends for Families Ministries, any and all member 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.

\_\_\_\_\_  
Athlete's Signature If under 18, parent's signature

\_\_\_\_\_  
Date