



HALLOWEEN HUNT 5 MILES

Saturday, October 27, 2018

Part of the 40th Annual Tennessee Running Tour

LONG HUNTER STATE PARK, 2910 Hobson Pike, Hermitage TN.

Directions: On Highway 171 at Percy Priest Lake between LaVergne and Mt Juliet. From Nashville, take either I-40 East to Mt Juliet exit 226 and go South 7 miles, or alternate take I-24 to Old Hickory Blvd exit 62 and go East for 7 miles. Turn to Couchville Lake picnic shelter (1 mile). Park information at 615-885-2422.

Halloween Costume Contest

\$200, \$100, \$50, \$25 and \$10 to top 5 best costumes among finishers

Start and Finish: at the picnic shelter parking lot. The race starts at 11:00 a.m. central time.

Certified Course: goes out and back one quarter mile, then loops Couchville Lake twice.

Water at miles 1 and 3.

Awards: Five-year age groups with 3 awards in each category from 10 to 80+. Special award to overall male and female winner.

Award ceremony with refreshments at 12:30 p.m.

Long Sleeve Technical Shirt: size guaranteed to all runners who register by noon on Friday, Oct 20.

Register online at **Reg2Run.com** for an additional \$2 until Thursday, October 25.

Pre-registration deadline: Friday, Oct 19, 2018. **Race day** registration from 9:30 to 10:45 AM.

Entry Fees: \$22.00 payable to Frostbite RC or \$10.00 without shirt. **Late fee** without T-shirt \$15.00.

Race director: Tomas de Paulis (615-390-6977) Tomasdepaulis@att.net

Mail registration to: **Halloween Hunt, 205 Woodland Ct, Hermitage, TN 37076**

Registration Halloween Hunt Name _____

Address _____ City _____ State _____ Zip _____

E-mail (if not, phone) _____

Age (on race day) _____ Sex _____ DOB _____ T-shirt Size (circle) Y S M L XL XXL No shirt

Entry fees are non-refundable. Awards and shirts will not be mailed.

Waiver of Liability. *By entering this race, I, for myself, my heirs and executors, waive and release forever any and all rights and claims for damages I may have against the Tennessee Department of Environment and Conservation, RRCA or the Frostbite Running Club. I also release the above named for all claims of damages, demands, and actions in any manner due to any personal injuries, property damage, or death sustained as a result of my traveling to and from and my participation in said race. I attest and verify that I am physically fit and have sufficiently trained for the competition in the 2018 Long Hunter State Park Halloween Hunt.*

Signature _____
(Parent signature for runners under the age of 18)

Date _____