

Qualifications for the Grand Prix Championship

To become eligible for Championship Awards, a runner must complete at least 5 races with points being added from a maximum of 10 races. Champions must be present at the Tour Banquet to receive their award. The age of the runner at the first participated race determines the Grand Prix Division for the whole season. Top 25 finishers in each division are given points in descending order (30-28-26-24-22-20-19-18-17, etc). Grand Prix Divisions are Male and Female: Youth (age 0-19), Open (age 20-39), Masters (age 40-49), Grand Masters (age 50-59), Senior Grand Masters (age 60-69), Veterans (age 70-79) and Over Eighty (age 80+).

GRAND PRIX AWARDS BANQUET

Championship awards (including volunteer awards) will be presented at a special Awards Banquet at 6:30 PM CST on February 23, 2019, following two Lakes Run at Montgomery Bell State Park. Reserve rooms or Cabins at 800-250-8613. Everyone with 10 or more races will get an additional award.

TENNESSEE RUNNING TOUR REGISTRATION AND WAIVER

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

MALE _____ FEMALE _____ AGE (on date of Race) _____ DATE OF BIRTH _____ SHIRT-SIZE _____

NAME OF RACE _____

E-MAIL _____

Application and waiver must be sent to each host club with entry fee (check) enclosed. Copies of this registration form may be used. See each Run in brochure for mailing addresses

WAIVER: In consideration for accepting my entry, I, for myself, my heirs, executors and administrators, waive and release forever any and all rights and claims for damages I may have against the Tennessee Department of Environment and Conservation, Host Running Club, and any and all participating sponsors and supporters. 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 of this event. I hereby grant the Tennessee Department of Environment and Conservation and all sponsors permission to use my name, photograph and likeness in any broadcast, telecast, or media account of the event. In filing out this form, I acknowledge I have read and fully understand the terms of this agreement.

SIGNATURE _____ PARENT'S SIGNATURE _____

Pre-registration without shirt: \$10.00
With long sleeve shirt: \$22.00
Race Day and Late (no shirt): \$15.00

Only Pre-registered runners are guaranteed a T-shirt with the Tour Logo in unique colors for each race.

Pre-registration must be received on Friday the preceding week. Make checks payable to the listed Running Club.

Tennessee Running Tour
1900 Liberty Road
Camden, TN 38320

www.TennesseeRunningTour.com



This is the 40th year of the Running Tour, the longest state parks running series in the U.S. It consists of 20 road races with distances varying from 5 to 13 miles. All races are held on Saturdays from October to March at 11 AM local time in 20 different State Parks, located from Memphis to Kingsport.

These events are sponsored by local running clubs, which are responsible for registration, timing and results. Each State Park provides facilities, race security and traffic control. Walkers are welcome and are allowed an early start at 10 AM. The total number of participants last season was 2,802.

New for the upcoming season is that two races are discontinued and a new race is added. Some of the dates have changed. The last race will be in Montgomery Bell State Park on February 23, 2019. See details in the event calendar below.

We have a Grand Prix points system, where accumulated points determine the new male and female Running Tour Champion in each of seven age categories: youth, open, masters, grandmasters, senior grandmasters, veterans, and eighty plus. Everyone who participates in 5 races or more will receive a special award at the Grand Prix Awards Banquet on February 23, 2019. In addition, those who run 10 or more races will receive an extra award.

The pre-registration fee is \$22.00. The no-shirt option is \$10.00. From one week before and on race day the fee is \$15.00 (no shirt).

Good running and thank you for your support.

Mike Bell, Tour Director