2nd Annual ROAR RUN

sponsored by Byars Dowdy Elementary

Saturday, March 27, 2010

100 Castle Heights Ave N. • Lebanon, Tennessee

1 Mile Fun Run begins at 8:00 a.m. • Roar Run 5K begins at 8:30 a.m.

Healthy Children = Bright Futures

Byars Dowdy started the Roar Run event to help promote fitness and healthy lifestyles throughout their community. The school's awareness of childhood obesity and illness called them to action in 2008 after learning that a large portion of students were considered above a healthy weight. One of the school's goals was to raise awareness of this problem and take steps to encourage more physical activity among its students along with their families and even within the community. Once this goal was set, it was decided that a 5k run/walk would be a great event not only for the school, but for the community. All proceeds will go toward the purchase of equipment to update/replace current physical activity areas and materials/resources needed for the current Coordinated School Health curriculum. This event is open to everyone!

Registration Fees:

- 5K Run/Walk Pre-Race
  $20 adults $10 children (5-13 yrs)
- 5K Run/Walk Family Pre-Race
  $60 (families of 5+)
- 1 mile Fun Run/Walk
  $5 Children (0-9) $10 (ages 10+)
- Day of Race
  $30 all participants

Registration Information:

- Mail this registration with payment by March 5 to:
  Byars Dowdy Roar Run 5K
  904 Hickory Ridge Road
  Lebanon, TN 37087
- Early registration & Packet Pickup
  Friday, March 26 3:15 - 6:30 p.m.
  Byars Dowdy Elementary School
- Day of Event registration & packet pickup
  6:00 - 7:30 a.m.
  100 Castle Heights Avenue

★ For more info and to view course map, please visit: www.byarsdowdy.org ★

Awards Presentation following race

1st, 2nd, 3rd place for each division

- 5K Adult Men & Women (14 yrs+)
- 5K Boys & Girls (13 yrs & under)
- 5K Wheelchair (all ages)
- All Fun Run participants will receive ribbons
- Traveling trophy awarded to LSSD school with most participation

Important Information:

★ All children need to have adult supervision ★

★ Strollers welcome ★

★ Pets are not allowed in events ★

2010 ROAR RUN REGISTRATION FORM

All entries received by March 5 are guaranteed a t-shirt

First Name: Last Name:

Mailing Address:

City: State: ZIP:

Area Code: Number: Age: Sex: M or F Size: S M L XL XXL YS YM YL

Email Address:

Please mark your event: 5K Run 5K Walk 5K Wheelchair 1 mile Fun Run

$ _____ . _____
I would like to make a donation to the Byars Dowdy Roar Run.

Amount Enclosed: $_____
Make checks payable to: **Byars Dowdy Roar Run**

LSSD School: BD CF SH CHUE WJB

Are you on a team? Team Name: _____

all members need to complete an individual registration form

In consideration of the acceptance of my entry, I, for myself, my executors, administrators and assignees, do hereby release and discharge all sponsors and individuals assisting in the presentation of the run from all claims of damages, demands, actions, whatsoever in any manner rising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event. Byars Dowdy Elementary is a government agency. Donations are tax deductible.

X _____ _____

Signature (Parent/Guardian if under 18) Date