

**Race Director:**

Happy Lee

**Honorary Race Chair:**

Lori Tucker WATE-TV

**Beneficiary**

Proceeds will go to Breakthrough Corporation to improve the lives of adults with autism.

**Volunteer**

If you would like to sign up to volunteer to work race day or be a peer volunteer for a Breakthrough Buddy, please go to [www.breakthroughknoxville.org](http://www.breakthroughknoxville.org) and complete a volunteer form. Volunteers are encouraged to register for the race too, we can use both your race day assistance and financial support. You can contact our volunteer coordinator, Ann Brookshire at (865) 789-8699 or [dannbrook@yahoo.com](mailto:dannbrook@yahoo.com)

**Breakthrough Buddy**

Any Individual with a disability who would like special recognition may register in this category to walk or run. Be sure to check in at the Breakthrough Buddy tent/table on race day. A volunteer will accompany the Breakthrough Buddy upon request.

**Team Categories**

There will be three team categories. The team award will be given for the LARGEST teams, not the fastest teams (as in the past):

- Community Team
- Corporate Team
- School Team

This race is a participating event in the TN Grand Prix Race Series.

**Course Etiquette**

Anyone who is abusive to volunteers or displays unsportsmanlike conduct will be disqualified. No roller blades, bicycles, or dogs allowed on the course. Use of earphones is strongly discouraged.

**Results**

Results will be posted on the KTC and the Total Race Solutions web pages:

[www.ktc.org](http://www.ktc.org) and [www.totalracesolutions.com](http://www.totalracesolutions.com)

**Contact**

Beth Ritchie at [earitchie@breakthroughknoxville.org](mailto:earitchie@breakthroughknoxville.org) or call 865-247-0065 ext. 25

Breakthrough is a not-for-profit company founded by parents of children with Autism that is changing how services are provided to adults with Autism in East Tennessee. We offer: residential services; in-home supports; a Saturday therapeutic recreation program; day activities focusing on lifelong education; job skill development and community integration; and also host a social group for adults with Asperger's Syndrome. Breakthrough enables adults with autism to lead purposeful, integrated and productive lives.



*Runners take off from the starting line at the Breakthrough Run for Autism.*



# 13th Annual BREAKTHROUGH

## RUN/WALK FOR AUTISM



### 5k Run/Walk and 1 Mile Fun Walk for Autism!

April 27, 2019 • 8:30 a.m.

autism  
**BREAKTHROUGH**  
OF KNOXVILLE 

[www.breakthroughknoxville.org](http://www.breakthroughknoxville.org)  
865-247-0065 ext. 25

### Location

Starts and finishes at Regal Cinemas Pinnacle Stadium 18 at Turkey Creek.

### Course Description

USATF certified course number TN11028MS. There will be chip timing for 5K only. The course is relatively flat and runs through quiet neighborhoods behind Turkey Creek Development. WALKERS WELCOME!

### Registration Fees

Runners may pre-register or sign up the morning of the race from 7:00 until 7:30 a.m. at the Pinnacle Stadium parking lot. Pre-registration fee (postmarked by April 17th) \$25.00. After April 17th, including day of race, registration is \$30.00.

### T-Shirt

First Quality, 100% cotton, short-sleeve. Pre-registered Runners receive shirts with packet pick up. Must be registered by April 17th to be guaranteed a t-shirt.

### Race Packet

Packet pickup before the race at Fleet Feet, Turkey Creek from 11:30am-6pm on Thursday, April 25th. Packets will also be available the morning of the race. Team packets will be pregrouped and not divided. Please send only one representative for your team.

### Awards

Custom designed awards to the top three overall, 1st Masters (40+) 1st Grandmasters (50+), 1st Veterans (60+) male and female. Overall winners are not eligible for age division awards. Other awards three deep in the following age divisions. MALE & FEMALE: 10 and 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 and older.

### Online Registration

<https://runsignup.com/Race/TN/Knoxville/BreakthroughRunforAutism>



## PLEASE READ. TO PARTICIPATE YOU MUST SIGN AND DATE THIS FORM.

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my family, my heirs, executors, and administrators, forever waive, release and discharge any and all rights and claims for damages and causes of suit or action known or unknown, that may have against Breakthrough Corporation, The City of Knoxville, The Town of Farragut, Bayer Properties, Regal Cinemas, Total Race Solutions and all other political entities, all independent contractors and construction firms working on or near the course, all Race Committee persons, Officials and Volunteers, and all sponsors of the race, and related Race Events and their officers, directors, employees, agents and representatives, successors, and assigns, for any and all injuries that may be suffered by me in this event. I expressly agree that this Release is intended to be as broad and inclusive as permitted by the laws of the State of Tennessee.

I attest that I am physically fit, am aware of the dangers and precautions that must be taken when running in warm or cold conditions, and have sufficiently trained for the completion of this event. I also agree to abide by any decision of an appointed medical official relative to my ability to safely continue or complete the run. If I am unable to consent at the time due to injury or illness, I hereby consent to the administration of first aid and other emergency medical treatment for such injury or illness that occurs during any of my participation in the Event. Further, I hereby release and forever discharge the Released Parties from any claim whatsoever which arises or may hereafter arise on account of any first-aid treatment or other medical services rendered as contemplated hereunder. I further assume and will pay my own medical and emergency expenses in the event of an accident, illness or other incapacity regardless of whether I have authorized such expenses. Further, I hereby grant full permission to the Breakthrough Corporation, Total Race Solutions and/or agents hereby authorized by them, to use any photographs, videotapes, motion pictures, recording, or any other record of this event for any legitimate purpose at any time. I further understand that there are no entry refunds, exchanges, transfers or rollovers, and that the event may be cancelled due to severe weather conditions, natural disasters, or threats to local and national security including suspected terrorist activity. I understand if I use a MP3 player, IPOD, headset, cell phone or other electronic device while participating in the event, I will do so in a reasonable way using common sense and awareness of those around me. I have read this waiver carefully and understand it. The only venue for legal recourse is Knoxville, TN.

### I agree to the Athlete's Release

\_\_\_\_\_  
*Athlete's Signature*

\_\_\_\_\_  
*Parent's Signature if under 18*

\_\_\_\_\_  
*Date*

*Fill out form completely and mail with entry fee to:*

Breakthrough  
900 E. Hill Ave., Suite 145  
Knoxville, TN 37915

Name: Last \_\_\_\_\_

First \_\_\_\_\_

Sex: M or F Birth date: \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: (\_\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Age (as of 4/27/19): \_\_\_\_\_

In case of emergency, notify: \_\_\_\_\_

Phone: \_\_\_\_\_

T-Shirt Size: **Youth:** M **Adult:** S M L XL XXL\* XXXL\*  
\*XXL and XXXL sizes, add \$3.00 \_\_\_\_\_

Donate the cost of my shirt: (No shirt option) \_\_\_\_\_

### Breakthrough Buddy

- I am registering as a Breakthrough Buddy.
  - I need Breakthrough Buddy Volunteer assistance.
- Breakthrough Buddies check in at designated table.

### Breakthrough Run/Walk for Autism:

5k run/walk \_\_\_\_\_ 1 mile untimed fun walk \_\_\_\_\_

- Early Registration Fee: \$25.00
- Registration Fee (Postmarked after 4/17/19) \$30.00
- K-12 Students: \$15.00
- Sleeping but supporting: \$25.00
- Additional charge for XXL or XXXL T-shirt \$3.00
- Additional tax-free donation: \*\* \_\_\_\_\_

Total: \_\_\_\_\_

**\*\* Race registration fees just cover our race expenses, please consider making an additional donation to further our cause.**

### Team Participants:

\_\_\_\_ Community \_\_\_\_\_ Corporate \_\_\_\_\_ School

Team Name \_\_\_\_\_

Team Captain(s) \_\_\_\_\_

Please make checks payable to **Breakthrough**. Sorry no Refunds.