

**Banana Split Biathlon**  
**In Conjunction with the National Banana Pudding Festival**  
**Presented by Followers in Motion**  
**5K WALK / 5K RUN**  
**5K/30K BIATHLON**  
**Saturday, October 6, 2012**

**Skyview Leasing and Development (old Levi's building),  
2292 Skyview Drive, Centerville, TN 37033**

**Directions:** From any direction take Hwy 100 to Centerville. Turn on Skyview Drive at the NAPA Auto Parts store. Continue about a mile to the rally point on the right. Watch for signs.

**Start and Finish:** In front of the old Levi's building. Both races start of 8:00 a.m. Central Daylight Savings Time. 5K Walk begins five minutes after race start.

**Awards:** First place awards for overall best time, male and female (not eligible for age group awards). Age group awards for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place for male and female: 19-Under; 20-29; 30-39; 40-49; 50-59; 60-69; 70-Over. Awards will not be mailed.

**Pre-Registration Deadline:** September 22, 2012. Race day registration is from 7:00-7:45 a.m.

**Commemorative Race T-Shirt:** Available only to all pre-registered entrants.

**Entry Fee:** 5K Walk or 5K Run Only ..... Pre-Registration \$20.00 / Race Day \$25.00  
5K/30K Biathlon ..... Pre-Registration \$25.00 / Race Day \$30.00

Make checks payable to: Followers in Motion, 4579 Elkins Drive, Centerville, TN 37033.

Proceeds of the event will go toward the Followers in Motion, a local, non-profit, Christian fitness club that supports such charities as the American Cancer Society, Christian camp scholarships, juvenile diabetes, and to build and maintain local mountain bike trails. The event is sponsored by local merchants and industries.

**Course Description:**

The 5K course is relatively flat and circles the Centerville Municipal Airport. The bike course travels through scenic Dodd Hollow and Vernon. There is something for everyone on this circuit from climbs, descents, rolling terrain, and plenty of curves, all on smooth tarmac.

ANSI or SNELL approved helmets required for bikers.

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**Banana Split Registration**

**Entry Event (Check One):**  **5K Walk**  **5K Run**  **5K/30K Biathlon**

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

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

E-Mail Address \_\_\_\_\_

Gender \_\_\_\_\_ Age on race day 10/6/2012 \_\_\_\_\_

Adult T-Shirt Size (circle one) S M L XL XXL

Entry fee is non-refundable. Awards and shirts will not be mailed.

**WAIVER & RELEASE.** I know that participating in a biathlon or road race is a potentially hazardous activity; therefore, I assume all risks associated with participating in this event including, but not limited to, falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. I, individually, (and/or as parent and/or guardian of the named minor) for and in consideration of acceptance of this entry in the aforementioned racing event, do hereby release, remise, waive and forever discharge the Followers in Motion Club and its sponsors, the Skyview Leasing and Development LLC, and, any and all other supporting groups of this said racing event, from any and all liability, claims, demands, actions, or

causes or action whatsoever, related to participation in this event. I further state that I am in proper physical condition to participate in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or Guardian if under 18 years of age)