

**NEW BALANCE  
MERCHANDISE  
WILL BE  
GIVEN AWAY**

Six pairs of New Balance running shoes will be given away. Many other prizes to be awarded as well as watches, pedometers, etc.

Participants must be present to win.

**16<sup>th</sup> Annual**

**5K for  
FCA**



**A FAMILY CELEBRATION  
OF LIFE**

**Monday  
September 6  
2004**

**(Labor Day)  
Chattanooga State**



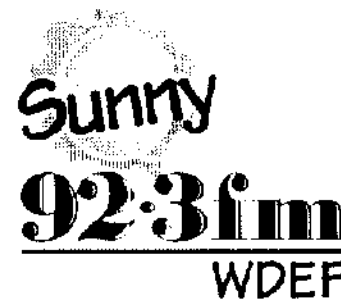
*But they that wait upon  
the Lord shall renew their  
strength, they shall mount  
up with wings like eagles,  
they shall run and not be  
weary; and they shall walk and not faint. ISAIAH 40:31*

*Presenting Sponsors*



**NORTH RIVER**  
PHYSICAL THERAPY CLINICS  
MCM Rehabilitation PC

**FRONT RUNNER**  
ATHLETICS



*Supporting Sponsors Include:*

Chattanooga Track Club  
Chattanooga State Technical  
Community College  
RiverPark



**SPM**  
Specialists in Pain Management



*Special Thanks to Coach Bill Gautier and the  
UT Chattanooga Cross Country Running Mocs.*

# Fellowship of Christian Athletes

To present athletes and coaches,  
and all whom they influence the  
challenge and adventure of receiving  
Jesus Christ as Savior and Lord,  
serving Him in their relationships  
and in the fellowship of the Church.

Proceeds from this event will be used to further the FCA mission to area High Schools, Middle Schools and Colleges in the 2004 - 2005 school year. Additional contributions are welcome.

Winners of Scholarships  
made possible by your support  
of the Annual 5K for FCA include:

**Brittany Smith**  
Rhea 1995

**Michael Armentrout**  
Chattanooga Christian 1996

**Michael Graham**  
Bradley 1997

**Meg Guy**  
Polk 1998

**Rob Shomaker**  
McCallie 1999

**Alan Coulter**  
Sale Creek 2000

## SCHEDULE OF EVENTS

6:30 a.m. **REGISTRATION**  
Chattanooga State  
Student Center

8:00 a.m. **5K Race**

8:05 a.m. **5K Walk**

\*9:15 a.m. **Kiddy 1K**

9:45 a.m. **Awards Ceremony**

### Kiddy 1K

This event is for youngsters 7 years old or younger. Each participant will receive a prize. T-shirts are optional for an additional fee. A special drawing for a pair of New Balance Kids shoes will be held. Strollers will be permitted - Parents are welcome to accompany their children - but sorry, adults not eligible for prizes.

### Winners of Scholarships Cont.

**Wes Bell**  
McCallie 2001

**Zach Drago**  
CSAS 2002

**Nolan Rumble**  
Cleveland 2003

**Tyler Lane**  
Rhea Co. 2004

### ENTRY FEE

\$12.00 Early Registration (must be postmarked or turned in at The Front Runner by August 30th.) \$15.00 Late Registration. \$36.00 Fee for (immediate) families of three or more registering by August 30th. Fee for Kiddy 1K \$2.00 or \$10.00 with T-shirt. Middle and High School Cross-Country Runners - \$10.00 or \$50.00 for a Team Maximum Registration Fee.

**5K Run:** 1st and 2nd Place Open Male, Open Female, Masters Male, Masters Female and Grand Masters Male and Grand Masters Female Age group awards (male and female) as follows: 10-under (2), 11-12 (3), 13-15 (3), 16-18 (3), 19-24 (3), 25-29 (3), 30-35 (4), 40-44 (4), 45-49 (4), 50-5 (3), 55-59 (3), 60-64 (2), 65-69 (2), 70-over (1), 80-over (1).

**5K Walk** will not be competitive. Awards will be given to the youngest and oldest walker or runner (Pre-Registered entrants only) finishing course without assistance.

Each participant will receive a T-shirt. Late registrants are guaranteed shirts, but might have to pick them up at Front Runner Athletics two weeks after race.

Runners in the 5K have 10 minutes after crossing the finish line to turn in their place cards to be eligible for awards.

### Make checks payable to:

5K for FCA

**Mail fee to:** Front Runner Athletics  
4251 Hixson Pike  
Chattanooga, TN 37415  
(423)875-3642

PLEASE PRINT

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Age \_\_\_\_\_  M  F  
(on 9-06-04)

Address \_\_\_\_\_

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

E:Mail Address: \_\_\_\_\_

### Choose One:

- 5K Run & Walk
- \$10.00 - X-County (early reg.)
  - \$12.00 - Individual (early reg.)
  - \$36.00 - Family (early reg.)
  - \$50.00 - Cross-Country Team (early reg.)
  - \$15.00 - Individual (day of the race)

Kiddy 1K  \$2.00 - Registration Fee  
 \$10.00 - Registration w/ T-Shirt

Donation \$ \_\_\_\_\_

### For More Information Call:

Chad Varga Race Director  
423-875-3642

\*\* Each participant must have a registration form.  
For Family & Team Registrations, please  
staple all individual registration forms together.

### T-Shirt Size:

**Adult Sizes** (circle size) S M L XL XXL (If available)

**Child Sizes** (circle size) XS (2-4) S (6-8) M (10-12) L (14-16)

I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of the race official relative to my ability to safely complete the run. I assume all risk associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entities to act on my behalf, waive and release Front Runner Athletics and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parents  
Signature (if under 18 yrs) \_\_\_\_\_

Date \_\_\_\_\_