

# Pickwick Dam River Run

Proceeds Benefit District Three Community Center

**6th ANNUAL 5k Run/Walk (3.1 Miles)**

CERTIFIED COURSE – TN08074MS

**Saturday, October 23, 2010**

**9:00 AM. Below the Pickwick Dam**

**\$12.00 – 16yrs & under    \$15.00 - 17yrs & up**

**(Pre-register before October 18th, 2010)**

**\$20.00 after October 18, 2010 and Day of Race**

**T-shirt to each Entrant**



**Awards will be presented in each of the following categories Overall male & female,  
Masters male & female (40 & over) Grand Masters male & female (50 & over)  
and 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> male & female in age group :**

Ages 0-7, 8-10, 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 and over

## Registration

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** \_\_\_\_\_  
(On race day)

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

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Telephone:** ( ) \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **T-shirt Size:** \_\_\_\_\_  
(Youth L or Adult S – XXL)

Please make checks payable to: **District Three Community Involvement, Inc.**

**Mail To:** District Three Community Involvement, Inc.  
P O Box 300  
Counce, TN 38326

(District Three Community Involvement, Inc. is a 501 (c) (3) public charity organization)

**Waiver:** In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against officials or sponsors of the District Three Community Involvement/5k Run for injury or illness, which may directly or indirectly result from my participation. I further state that I am in proper physical condition to participate in this event.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent or Legal Guardian if under 18)

For more information contact: Lucy Smith at (731) 689-3042 or (731) 925-0427 or Email at [trfcu@centurytel.net](mailto:trfcu@centurytel.net)

Tennessee River Athletic Club "TRAC" of Florence, AL will handle the finish line.

Applications downloadable @ [WWW.SHOALSTRAC.COM/CALENDAR](http://WWW.SHOALSTRAC.COM/CALENDAR)

**Camping Available**  
Below The Pickwick Dam &  
Pickwick Landing State Park

### **LODGING:**

Hampton Inn (731) 689-3031  
Pickwick Landing State Park (731) 689-3135  
Little Andy's Sportsman Lodge (731) 689-3750