

# The Alliance for Youth Achievement

presents



Join us for this fun, festive race day as we come together as a community to build hope for Africa's children one step at a time. All proceeds will benefit Maximum Impact School in Nairobi, Kenya, to build a permanent school for orphans and desperately needy children. By joining us October 16<sup>th</sup>, you can play a vital role in dramatically improving the education, and therefore the opportunities, that are available to these children.

## 5K & 1 Mile Block Walk/Run

DATE TIME PLACE: Saturday, Oct. 16, 2010, Alcoa Middle School, Check-in: 6:45-7:30 am, 5K start: 8:00 am, 1 mile block walk start: 8:05 am

COURSE DESCRIPTION: 5K course is mostly flat through Alcoa campuses and neighborhood streets with a refreshing downhill finish.

REGISTRATION: Pre-register & fundraise: Online at [www.allforyouth.org](http://www.allforyouth.org) by midnight Wed., Oct. 13, or by mail postmarked by Mon., Oct. 11; 5K-\$20, mile walk-\$10. Day of race registration: 6:45-7:30 am; 5K-\$25, mile walk-\$10.

SHIRTS: All pre-registered participants will receive a "Building Blocks for Africa" t-shirt. Shirts will be available day of race, while supplies last.

AWARDS: An on-site awards ceremony will follow the 5K (around 9 am) recognizing the top three male/female 5K finishers in each age group: 11/under, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+ and male/female, Overall & Masters winners. Top individual & group fundraisers will also be recognized. All participants will be eligible for door prizes.

RESULTS: Complete results available at [www.totalracesolutions.com](http://www.totalracesolutions.com)

POST RACE CELEBRATION: Chick-fil-a. DJ – Dennis Johnson. AYA Merchandise Sale. Airbrush tattoos.

USATF: This will be a USATF sanctioned event, so no baby strollers, bicycles, roller blades, dogs, or headsets in 5K.

## OFFICIAL 2010 BUILDING BLOCKS FOR AFRICA RACE ENTRY FORM

PLEASE PRINT CLEARLY

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( ) \_\_\_\_\_ - \_\_\_\_\_ E-mail Address \_\_\_\_\_

Sex (circle one) M F Age (on 10/16/10) \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Event (circle one) 5K 1 mile

T-shirt Size (circle one) Youth sizes S M L Adult sizes S M L XL XXL

I'm running today because I'm a: (circle all that apply) running enthusiast AYA supporter care about Africa

In case of emergency, call \_\_\_\_\_ Phone ( ) \_\_\_\_\_ - \_\_\_\_\_ Relation \_\_\_\_\_

### Athlete's Release:

I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the 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 hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, waive and release any and all sponsors, their representatives and successors, from all claims or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to sponsors and or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose. Minors accepted only with a parent or guardian's signature.

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

If under 18, parent's signature \_\_\_\_\_

Date \_\_\_\_\_

Entry fee of \$ \_\_\_\_\_ enclosed. I'm enclosing an additional donation of \$ \_\_\_\_\_ for Maximum Impact School.

Detach & return form to: Building Blocks  
c/o Total Race Solutions  
P.O. Box 30667

Knoxville, TN 37930-0667

OR register on-line at [www.allforyouth.org](http://www.allforyouth.org). Make checks payable to: The Alliance for Youth Achievement.