

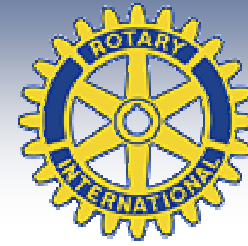
Hosted by:



Sponsored by:



Rotary Club of Spring Hill
P.O. Box 865
Spring Hill, TN 37174



Grey Ghost 5K

2010 Oaklawn Plantation
Spring Hill, Tennessee

Saturday, October 30, 2010

8:00 a.m.

.....

Goblin Gallop

www.greyghost5k.com

Held at Oaklawn Plantation
3331 Denning Lane

Why Grey Ghost?

Confederate General John Bell Hood chose Oaklawn as his headquarters the night before the battle of Franklin. Some say it was whiskey, while others say it was the pain killer for his amputated leg, that led to his sleeping through the escape of 32,000 federal troops during the night. General Hood is our very own Grey Ghost!

Our Purpose

This race was the vision of a small group of local residents that were determined to put on a fitness focused event for local families while raising money for children's charities.

Race Course

The Grey Ghost 5K is a certified 3.1 mile run held at the Oaklawn Plantation on Denning Lane in Spring Hill, Tennessee. The race is an out and back country course on hilly and scenic Denning Lane. The Goblin Gallop includes two kids runs which will be held on the dirt road around the home itself. Ages 3 - 4 will run 1 loop which is a 1/2K and ages 5 - 12 will run 2 loops which is a 1K. Participants are welcome to wear a family friendly costume for the 5K Race and Goblin Gallop. Persons with costumes deemed inappropriate for a family event will be asked to change.

Proceeds

Proceeds from the Grey Ghost 5K and Goblin Gallop will benefit:

Gabe's My Heart (gabesmyheart.com)

Rotary Club of Spring Hill (springhillrotary.com)

which supports local children's charities.

Online Registration

Online registration is available at active.com until Oct. 27th. Paper registration forms must be postmarked by Oct. 27th and mailed to:

PO Box 865, Spring Hill, TN 37174.

Contact

For more information, e-mail Jan Bennett at: greyghost5k@live.com or go to greyghost5k.com

School Competition

\$250 cash prize and plaque awarded to the school with the most participants. Please mark your school on the registration form.

Kids Activities

Bring the kids over to the Kids Zone, where they can bounce around in one of the inflatables or try their hands at carnival-style games like Turkey Shoot and ring toss, all for free, thanks to Lifehouse Church! Toddlers and babies will get to race as well in our Creepy Crawlers event.

Entry and Packet Pickup

Please return your entry today and make plans to join us. Packets may be picked up Friday, Oct. 29th from 5:00 p.m. to 8:00 p.m. at the Green Bank in Spring Hill or at the race on Saturday morning.

Race Day Information - Oct. 30, 2010

- Registration from 7:00 a.m. to 8:00 a.m.
- 5K Race begins at 8:00 a.m. at Oaklawn.
- Goblin Gallop will be held at 9:00 a.m.
- Awards immediately after Goblin Gallop.
- The race will be held at Oaklawn Plantation located at 3331 Denning Lane, between Kedron Parkway and Highway 31. Please enter from Kedron Parkway and turn right at first entrance to Oaklawn for parking. Denning will be blocked off from Highway 31.

Awards

All Goblin Gallop participants will receive a medal. 5K awards include men's and women's overall winners, men's and women's Masters winners, and first, second and third place 9 and under and in five-year increments for ages 10 through 75+.

Timing

Race Nashville will organize race timing and post results at racenashville.com.

This is NOT a Championchip timed race.

2nd Annual Grey Ghost 5K & Goblin Gallop

SATURDAY, OCTOBER 30, 2010

COST

Pre-registration (postmarked by Oct. 27th)

5K: \$30

Goblin Gallop (12 & under): \$10

Race Day

5K: \$35 (cash, credit and check accepted)

Goblin Gallop (12 & under): \$10

*Under 12 can run in the 5K at the 5K price

Each paid participant is guaranteed an official long-sleeved technical shirt. All Goblin Gallop participants are guaranteed a t-shirt.

CHECK ONE EVENT

5K (Note: 5K walkers/babyjoggers will start after the runners)

Goblin Gallop

PARTICIPANT'S INFORMATION

Name _____ Gender _____

Address _____

City, State, Zip _____

Phone _____ E-mail _____

Age on Race Day _____ Shirt Size _____ (Available Sizes: YS-AXL)

Entry Fee Enclosed \$ _____ (make checks payable to Spring Hill Rotary)

How did you hear about us? _____

School (must mark in order for your school to be eligible for the grand prize) _____

WAVIER TO PARTICIPATE IN THE EVENTS

In consideration of your acceptance of my entry into this race, I for myself, my executors, administrators, and assigns, do hereby release and discharge the Rotary Club of Spring Hill TN and the Rotary International, City of Spring Hill, and all sponsoring businesses and organizations for all claims of damages, demands, actions and causes of action whatsoever, in any manner arising or growing out of my participation in this event. I also hereby consent to allow emergency treatment in the event of injury or illness. Signature of participant or Guardian is needed if under age 18. I hereby authorize the Grey Ghost/Goblin Gallop organizers to reproduce any photographs, video, or audio, taken during race activities for advertising and publicity purposes.

Signature of applicant (must be 18 years of age)

Parent/guardian signature (younger than 18)