



# Run For Your Buns

Franklin Woods Hospital, Johnson City, TN  
Saturday, March 4, 2017 @ 9 AM

Check event(s):

- 5k Individual Runner (*\$20 until 12/31/16, \$25 1/1/17 through 3/4/17*)  
 Health Fair (*FREE*)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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

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

E-mail: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ Age on Race Day: \_\_\_\_\_ Sex:  M  F

Race Day Emergency Contact

(Name & Phone) \_\_\_\_\_

Are you a current employee of MSHA? \_\_\_\_\_

*We may offer boxers instead of t-shirts. If so, please let us know which sizes you will need to assist in our planning. We will make the announcement on our website by Feb. 1st.*

**Shirt Size:** Youth Sizes  YS  YM  YL Adult Sizes  S  M  L  XL  XXL

**Boxer Size:** Youth Sizes  YS  YM  YL Adult Sizes  S  M  L  XL  XXL

*In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all claims for personal injury, property damage or death, of whatever form and nature, I may have against Franklin Woods Hospital, Mountain States Foundation, The Goose Chase, We Run Events, City of Johnson City, its affiliates and/or subsidiaries, co-sponsoring organizations, and all other persons, acting on behalf of the foregoing organizations, stemming from or arising as a result of my participation in any of the events of the Run For Your Buns 5k. I attest and verify that I am physically fit and sufficiently trained to participate in any of the events that I enter. I also give my permission for the free use of my name and picture in any newspaper write up, "broadcast", "telecast", or other written account of this event.*

Signature & Date: \_\_\_\_\_

**Checks Payable to: Mountain States Foundation**

Mail this form to:



**The Goose Chase**  
Attn: Run For Your Buns  
3101 Browns Mill Road, Ste. 6-182  
Johnson City, TN 37604



**Register Online & Race Information**

<http://thegoosechase.org/run-for-your-buns/>