



**PROJECT GRADUATION'S  
LAST MAN STANDING**

**SATURDAY, APRIL 20TH AT 8 AM  
SPONSORED BY VITALITY FIT**



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

Date of birth: \_\_\_\_\_ Age \_\_\_\_\_ Sex: \_\_\_\_\_

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

Phone Number: \_\_\_\_\_

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

**Please mark:**

\$20 Student rate \_\_\_\_\_

\$25 Adult rate \_\_\_\_\_

T-Shirt Size \_\_\_\_\_

**T-shirts will be given out the day of the race. Must pay and be registered by April 5th to receive a shirt.**

**Total Enclosed \$ \_\_\_\_\_ (Make checks out to DCHS Project Graduation)**

**WAIVER:** In consideration of the acceptance of this entry, I waive for myself, my heirs and assigns, any and all claims for damages which I may have against this race, its sponsors, or any organization, business or individual as a result of any and all injuries which may be received during this contest. Permission is granted to release any photos that include me.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent\ legal guardian signature, if entrant is under age 18:

\_\_\_\_\_

Please note, if you are pre-registered and not in attendance on race day, you must make arrangements with Vitality Fit staff or pick up at the high school in order to obtain your race shirt.

**MAIL YOUR COMPLETED REGISTRATION FORM WITH PAYMENT TO**  
1130 West Broad Street  
Smithville, Tn 37166

**OR** drop off at the front office of the High School or at Vitality Fit.

### Description and format of the race

The Last Man Standing Race will be held at the DeKalb Co High School XC course. The course is a 1 mile loop that is relatively flat and on the grass. Location is in the back of the school near the softball field.

Our event kicks off at 8am on Saturday, April 20th. You may set up your spot/tent inside the gate of the course. Please park outside in the parking lot. Gates will be open at 7:15 to set up and preview the course. Racers will have 15 minutes to complete the 1 mile loop. If you return in under 15 minutes, you can line up for the start of the next lap or go to your station and wait. If you do not make it to the line by 15 min, then you are out. There will be a 1 minute warning to start the next lap. You must be at the start line when the race director blows the horn to start the next lap. This format will continue and laps will start every 15 minutes until only one participant is able to complete a lap. The winner will be the last participant to complete the 1 mile loop in 15 min.

### Payment and Entry forms

All students will have a discounted price of \$20 and all adults will pay \$25. You may pick up a form at the front office of the high school or at Vitality Fit. All forms must be turned in by Friday April 5th to guarantee your free t-shirt. You may still sign up and pay up to the morning of the race but may not get a shirt.

### Prizes:

The sole winner will receive a medal and prizes such as gift cards, a swag bag from Vitality fit and \$100 cash donated by *Advanced Guttering*