

# 18th Annual Family Fitness Festival

## FREQUENTLY ASKED QUESTIONS

### WHO DOES IT BENEFIT?

This event, supported completely by local volunteers, is designed to benefit Macon County schools and teachers. Because of the great help given by our volunteers (namely, the Macon County Rotary, MCHS Interact Club and MCJHS Junior Interact Club), we are able to take the money raised and donate it directly to our local education program. Please help us make this year's celebration the biggest and best ever!

### SPECIAL RULES FOR THE BIKE EVENTS.

Everyone participating in any bike event must wear a helmet and obey all rules of the road. You must be 12 years old, or have an adult guardian to ride the 10 mile tour. You must be 16 years of age to ride the 33 mile and 66 mile tour without a guardian. The Jr. Bike Rodeo (ages pre-school through 8th grade) is on a closed course, so there will be no traffic.

### THE NESTLE WATER 5K RACE AND CITIZENS BANK 3 MILE WALK.

We are proud to have Nestle Waters as our 5K Race sponsor this year! This is a perfect first race for the new runner. Awards for overall male and female winners, plus awards two deep in 10 age categories. Citizens Bank 3 mile walk takes place at the same time as the run and is held on the same closed course.

### WHAT ELSE IS THERE TO DO?

Young children will enjoy playing games on inflatable bouncy tents. There are also door prizes to be given away, including bicycles. The prize drawings take place at approximately 11 a.m. All pre-registered participants will receive a much-coveted Makin' Macon Fit t-shirt. There will be plenty of fruits and drinks available.

### WHO ARE THE HOSTS OF THE EVENT?

The Lafayette Rotary, MCHS Interact Club and MCJHS Junior Interact Club, the Macon County Health Council, and Macon County General Hospital. We have worked hard to make this year's celebration the biggest and best ever!

FOR ADDITIONAL INFORMATION,  
VISIT OUR WEBSITE: [www.makinmaconfit.com](http://www.makinmaconfit.com)

## OUR SPONSORS



NORTH AMERICA INC.

CITIZENS BANK

"We Serve Thousands of Customers...ONE at a Time!"



QHR  
QUORUM HEALTH RESOURCES

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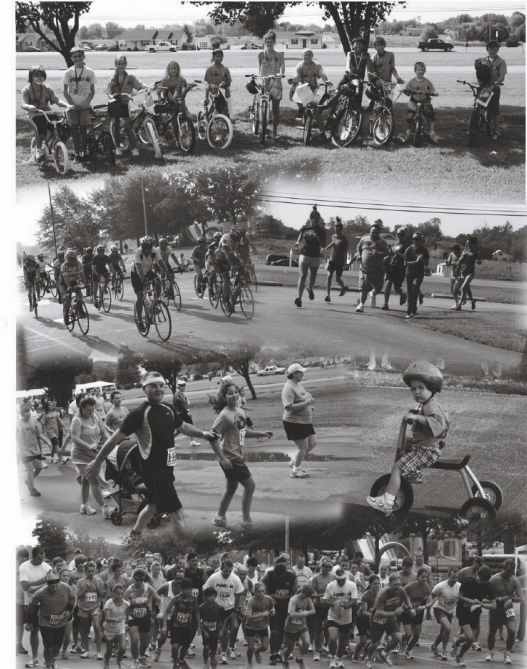
Screenprinting • Awards  
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Upper Mid-Tennessee  
Rural Health Network



# MAKIN' MACON FIT



Saturday, September 10, 2011  
Macon County Junior High School  
1003 Highway 52 By-Pass East  
Lafayette, Tennessee

# REGISTRATION FORM

## 1. Select Your Event

Check Your Event	Sponsor	Start Time	Before 9/2/11	After 9/2/11
<input type="checkbox"/> 5K Race*	Nestle` Water	7:30	\$ 20.00	\$ 25.00
<input type="checkbox"/> 3 Mile Walk	Citizens Bank	7:30	\$ 8.00	\$ 10.00
<input type="checkbox"/> 1 Mile Walk	Macon Bank	8:00	\$ 8.00	\$ 10.00
<input type="checkbox"/> 10 Mile Bike Tour	Knollwood Manor	8:00	\$ 8.00	\$ 10.00
<input type="checkbox"/> 33 Mile Bike Tour	North Central Telephone	8:00	\$ 20.00	\$ 25.00
<input type="checkbox"/> 66 Mile Bike Tour	Macon County Times	8:00	\$ 20.00	\$ 25.00
<input type="checkbox"/> Kids' Events**	Palace Care & Rehab	8:30	\$ 8.00	\$ 10.00
/ Bike Rodeo				
• Fun Run 10:00				
<input type="checkbox"/> Special Needs Events	Coordinated School Health	9:30	\$ 8.00	\$ 10.00

\*Runners may also ride any of the bike tours at no extra charge. \*\*Kids' events include a Fun Run, Obstacle Course and Jr. Bike Rodeo. Kids are encouraged to participate in all 3 events. Bring a bike and helmet for the bike rodeo. Trophies awarded to the fastest boy and girl in each grade from K thru 8. Check out our webpage at [www.makinmaconfit.com](http://www.makinmaconfit.com) for last year's winners.

## 2. Complete This Information

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Age \_\_\_\_\_ Grade \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

T-shirt size \_\_\_\_\_ Youth (7-8) \_\_\_\_\_ Youth (10-12) \_\_\_\_\_ Youth (14-16) \_\_\_\_\_  
 \_\_\_\_\_ Adult Small \_\_\_\_\_ Adult Medium \_\_\_\_\_ Adult Large \_\_\_\_\_ Adult XL

AMOUNT ENCLOSED \$ \_\_\_\_\_ Make checks payable to Lafayette Rotary Club

\*\*\*\* (Students Complete Below) \*\*\*\*

SUPPORT YOUR SCHOOL: \_\_\_\_\_ Fairlane \_\_\_\_\_ Central Elementary \_\_\_\_\_ RBS Elementary

Please Check One: \_\_\_\_\_ Westside \_\_\_\_\_ Lafayette Elementary  
 \_\_\_\_\_ MCJHS \_\_\_\_\_ MCHS \_\_\_\_\_ RBSHS \_\_\_\_\_ Macon Christian Academy

## 3. Read and Sign W aiver

In consideration of being allowed to participate in this event, I, for myself, executors, administrators and child (if signing as a parent or guardian), do hereby release and promise not to sue the hosts, sponsors, or any cooperating agencies, individuals, or employees for any claim or injury that may result from my participation in this event. I know that these events are potentially dangerous, and I have full knowledge of all risks involved. I am physically fit and sufficiently trained to participate in this event.

\_\_\_\_\_  
 Participant (or parent/guardian if child under 18)

## 4. Turn In Your Form

Mail to: Debbie Mason, P.O. Box 10, Lafayette, TN 37083 OR .....

Take to: Any local branch of Citizens Bank, Macon Bank & Trust or Macon County General Hospital OR.....

Students: Turn in to your teacher OR.....

RUNNERS AND BIKE RIDERS MAY REGISTER ONLINE WITH:



Questions: Stacey Brawner (615) 666-2147 or Shelia Shrum (615) 666-2151 orsbrowner@mcgfh.net