

The Knoxville Track Club Proudly Presents the 25th ANNUAL



CARTER MILL 10K



Roller blades, strollers, bicycles, and dogs will not be allowed on the course. Use of earphones, headsets strongly discouraged. We will disqualify anyone who exhibits unsportsmanlike conduct.

DATE*TIME*PLACE Saturday morning, **July 12, 2008, 7:30am**. Starts and finishes at Carter Mill community swimming pool, east Knoxville. Directions: from Knoxville, go east on 1-40. Take Strawberry Plains exit. Go left at end of exit ramp onto Strawberry Plains Pike. Go approximately 3 miles to stop sign. Turn right on highway #70. Go approximately 1/2 mile and turn right on Carter School Road. Go 1/4 mile, then turn right on Carter Mill Rd. The pool is on your left. Signs mark each turn.

COURSE DESCRIPTION USATF Course Certification #TN 03001 DJR. Out and back course that runs on rural, backcountry roads. Mostly rolling with second half slightly more downhill, especially the last 1/2 mile.

REGISTRATION AND FEES Runners may preregister or sign up the morning of the race from 6:30 until 7:30 at the pool. Pre-registration fee (postmarked by Saturday, July 5, 2008) \$15.00. Late registration, including day of race, \$20.00. KTC Pre-registered runners eligible for a \$3.00 discount off entry fee. Deduct \$5 for no t-shirt option. 3 KTC Volunteer Coupons accepted. Pre-registration also available at Runners Market, Western Plaza or Campbell Station Rd., and Fleet Feet of Knoxville, Turkey Creek.

SHIRTS First quality, 100 % cotton, short-sleeved. Pre-registered runners receive shirts on race day, late-registrants receive shirts as supplies last or at a later date.

AWARDS Ceremony following the race. Awards to the top three overall, 1st Masters (40+) 1st Grandmasters (50+), & 1st Veterans (60+), male and female. Awards to the first **Clydesdale/Athena**, (male, 200 lbs. + female 150 lbs. +). Overall winners not eligible for age division awards (three deep). Awards must be picked up on raceday morning.

MALE & FEMALE: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.

KTC GRAND PRIX TEAM SERIES Open, Corporate, Women's Divisions, awards four deep. Cross country scoring. Male, female, mixed teams possible. Membership in KTC not required; no additional costs other than individual entry fees. Teams **MUST** pre-register.

POST RACE CELEBRATION Enjoy a swim while enjoying various things to eat and drink.

RESULTS Complete results and photos will be posted on KTC's Web Page: www.ktc.org.

INFORMATION info@ktc.org, 865-687-8493.

OFFICIAL 2008 CARTER MILL 10K ENTRY FORM

Race Number

Address _____

City _____ State _____ Zip _____

Name Last _____

Phone (____) _____ - _____

First _____

E-mail Address _____

Sex: Circle One: Male F

2008 KTC Grand Prix Team Series

Age(as of 7/12/08) _____

Open _____ Corporate _____ Women's _____

Birthdate: (mo.) _____ (day) _____ (yr.) _____

Name of Team: _____

Clydesdale/Athena Division. (Circle One)
200 lbs. + male 150 lbs. + female

In case of emergency, call _____ at phone _____

Like to volunteer at some future KTC race, please check here

"KTC Volunteer Spirit: Run Three Races, Work One."

Circle T-Shirt size s m l xl
No shirt option, please check here

KTC Member \$3.00 Pre. Reg. Discount
3 KTC Volunteer Discount Coupons Accepted

ATHLETE'S RELEASE: PLEASE READ, TO RUN THE RACE, YOU MUST SIGN AND DATE IT.
I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the CARTER MILL 10K ROAD RACE 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 and/or volunteering to work in the aforementioned race, including but not limited to falls, contact with other participants, the effects of weather, including high heat or humidity, ice and snow, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself, and anyone entitled to act on my behalf, waive and release THE KNOXVILLE TRACK CLUB, CARTER COMMUNITY POOL, MALLIA ENGINEERING any and all members thereof, and all further sponsors, their representatives, successors, from all claims or liability of any kind arising out of my participation in the aforementioned event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the foregoing to use any photograph, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Fill Out Completely and Mail with Entry Fee to:

Angie Manis/Carter Mill 10K
8419 Carter Mill Rd.
Knoxville, TN 37914

Make checks payable to
The Knoxville Track Club (No refunds)

Athlete's Signature & if under 18, parent's signature Date