

Tennessee Sports Medicine EXPO 10K/5K May 24, 2008 Run/Walk

Due to insurance regulations, NO headsets, baby strollers, bicycles, roller blades allowed on the course. Abuse to volunteers will not be tolerated.



10K Run

5K Run-Walk

1.5Mile Walk

Wheelchair

Roller Skis
Crank

Last Name (Please Print) _____ First Name _____ Middle Initial _____

Street Address or PO Box _____ City _____ State _____ Zip _____

Circle T-shirt Size: small medium large x-large xx-large NO T-Shirt, Deduct \$5 from fee

Circle Sex M F Date of birth ____/____/____ Age as of 5/24/2008 ____
mo. day yr.

Check if Knoxville Track Club Member Check if you have run all previous EXPOS

Telephone number (____) _____ E-mail _____

TEAM COMPETITION OPEN CORPORATE WOMENS

TEAM NAME _____

Specialty Teams: Check Only One Box

- | | | | |
|---|--|--|---|
| <input type="checkbox"/> Mother-Son | <input type="checkbox"/> Mother-Daughter | <input type="checkbox"/> Father-Son | <input type="checkbox"/> Church
(name below) |
| <input type="checkbox"/> Wife-Husband | <input type="checkbox"/> Three Generations | <input type="checkbox"/> Father-Daughter | <input type="checkbox"/> School
(name below) |
| <input type="checkbox"/> Clydesdale/Athena Division (200 lbs.+ male or 150 lbs+ female) | | | |



Name of Partner/s in above competitions: _____

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 2004 Tennessee Sports Medicine EXPO 5-10,000 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. Athletes who participate in this competition will be subject to formal drug testing in accordance with USATF rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competition. Some prescription and over the counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the User Hotline at 1-800-223-0393. 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, TN SPORTS MEDICINE, THE CITY OF KNOXVILLE, 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.

Date _____ Signature _____ If under 18, Parents _____

Fees: \$18.00 (pre-reg.) \$12.00 student/under 15 \$12 WALK \$20.00 (Late: May 17-24)

\$3 KTC member discount (pre-registered only) no late fee for Run Walk

NO T-Shirt Option, Subtract \$5.00

Make checks payable to Knoxville Track Club. Mail complete forms with fees to:
(No Refunds)

Angie Manis, 2008 EXPO
8419 Carter Mill Rd.
Knoxville, TN 37914

FREE ENTRY WITH KTC MEMBERSHIP Fill Out This Form and Join the KTC Today

Name/s _____ Date of Birth _____ Age/s _____

Address: _____ City _____ State _____ Zip _____ Phone _____

Email _____ Sex M/F _____ Like to volunteer at races? _____

Dues: Individual 1 Yr - \$20, 2 Yr - \$35, 3 Yr - \$50; Family 1 Yr - \$30, 2 Yr - \$55, 3 Yr - \$75 Student (H.S. or younger) \$15, \$25, \$35

MEMBERS RELEASE:

I know that running and volunteering to work in club races are potentially hazardous activities. 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, TN Sports Medicine Group, 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.

Date _____ Member Signature _____ If Under 18, parent's signature _____

TENNESSEE SPORTS MEDICINE

EXPO 10K RUN, 5K RUN/WALK

BlueCross Dogwood Classic 5K, Tn Sp Med EXPO 10K/5K

Pilot Fireball Classic 5K

Run or Volunteer in all 3 for Prize Eligibility

MAY 24, 2008

8:00am



Free Entry With New KTC Membership

DATE TIME AND PLACE Saturday morning, **May 24, 2008. 8:00 a.m.** 10K/5K Run and 1.5 Mile Fun Walk start on Gay St. at Wall Ave. and finish at Market Square. **FREE PARKING IN ALL DOWNTOWN CITY PARKING STRUCTURES.**

COURSE DESCRIPTION: USATF course certification (**10K** - TN07017DJR; **5K** - TN07018DJR).

FAIRLY FLAT AND FAST. After a start at the intersection of Gay St. and Wall Ave., the 10K/5K course will take runners down Gay Street across the Gay Street bridge, left onto Sevier Ave.; on Sevier Ave., 5K turns left at Dixie St., left on Phillips Ave., left on Barber St. (circling So. Knox. Elem. School), returning to downtown via west onto Sevier Ave., bear right on Council Pl. to Blount Ave., right on Henley St. bridge, north on Henley St., right on Church St., left on Market St., finish at Union Ave/Market Square; the 10K continues down Sevier Ave. to Island Home Ave., into historic Island Home neighborhood on Spence Pl., left on Estelle Circle, bears left on Spence Pl. for a few hundred yards, turns around on Spence Pl., left on Willis Pl., right on Island Home Blvd., right on Maplewood Dr., left on Island Home Ave, west on Sevier Ave., bear right on Council Pl., follow same route thereafter as the 5K course to Market Square finish. Check www.ktc.org for course maps. Water stops and split timers on both 10K & 5K courses. Courses monitored by Knoxville Police Dept. and KTC volunteers.

WALK 1.5 Mi Fun Walk will begin 8:15am at Gay St. at Wall Ave., proceed south across the Gay St. bridge, right on Blount Ave., right on Henley St., north across the Henley St. bridge, right on Church St., left on Market St., finish at Market Sq. Walkers on sidewalk at all times. Ribbons to all finishers of Fun Walk.

EXPECTED PARTICIPATION **800 in the 10K, 400 in the 5K, 75 in Fun Walk.**

REGISTRATION & ENTRY FEE **EARLY:** \$18 through Saturday, May 16, 2008 for early registration, including all mail-in entries and signups at Runners Market, Western Plaza or Farragut location (Campbell Station Rd. at Grigsby Chapel Rd) during normal business hours: M-F 10:00-7:00pm, Sat. 10:00 - 6:00pm. Three KTC Volunteer Coupons accepted for early registration. **LATE:** \$20 (or four KTC volunteer coupons) from Sunday, May 17 thru Friday, May 23 at Runners Market. Subtract \$5 for No T-Shirt option. **Fun Walk - fee is \$12, no late fee.**

DAY OF RACE: **limited** registration Saturday morning at Mast General Store, Gay St. at Wall Ave., 6:30-7:30am; \$20 for 10K/5K.

T-SHIRTS First quality 100% cotton commemorative short sleeve shirts to those choosing t-shirt option.

PACKET PICK-UP Friday, May 23 from 11:00 a.m. - 6:00 p.m. at Runners Market/Western Plaza. **MANDATORY PICK-UP ON FRIDAY.** You may pick up for friends and family. In the event you cannot pick up on Friday, you must write us a note to that effect and include with your entry form. For those individuals, you must pick up your packet on Saturday morning at the Mast General Store between 6:30-7:30am.

AWARDS Awards ceremony to begin at Market Square stage at approximately 10:00 a.m. Male/Female top three overall, first and second masters, grandmasters, and veterans. Other awards three deep in the following categories: Clydesdale and Athena (200 lbs+ male, 150lbs+ female); Male/Female **10K/5K:** 14 and 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+. Overall winners are NOT eligible for age division awards. Awards must be picked up on race-day morning, they will not be mailed.

PRIZE MONEY 10K PURSE ONLY Open Male & Female: 1st place, \$300, 2nd place, \$250, 3rd place, \$200. Masters Male & Female: 1st place, \$150, 2nd place, \$100. Grandmasters Male & Female: 1st place, \$150, 2nd place \$100. Veterans Male & Female: 1st place: \$150, 2nd place \$100. Wheelchair (push rim only for cash prize): 1st place, \$150, 2nd place \$100, Male \$ Female. One money award per runner. All prize money checks to be mailed.

TEAM PARTICIPATION Awards are four deep in Open, Corporate, Women's Divisions. Top four members score (top three in Women's Div.). Teams must pre-register. Membership in KTC not necessary. No additional costs other than entry fees.

SPECIALTY TEAMS Awards three deep in these divisions: Mother-Daughter, Mother-Son, Father-Daughter, Father-Son, Wife-Husband, Three Generations. Please write name of team members on appropriate line in Team Competition section of entry form.

SCHOOL/CHURCH COMPETITON Once again, schools and churches have an opportunity to compete for \$500 in cash prize awards. Number of participants, not finishing times, will determine winners. The school/church with the greatest number of runners and/or walkers will receive first place. Participants include the 10K, 5K, and the Fun Walk. Qualification for cash prize: minimum of 25 team members.

REFRESHMENTS & CELEBRATION Post Race celebration includes an assortment of food, drink, music, door prizes. A band will be providing live entertainment on the Market Square Mall stage.

INCIDENTALS We will have a professional photograph the race. Be sure to wear your number on the front of your shirt.