

Panther Creek 8 K

A "Green" Trail - Run/Hike

June 7, 2008 - 8:00 a.m.

Panther Creek State Park – Morristown, Tennessee

LOCATION : Starts and finishes at the swimming pool of Panther Creek State Park

DIRECTIONS: For information call the park office at 423-587-7046 or visit [Tennessee State Parks Web site](#).

COURSE DESCRIPTION: A lovely, challenging, scenic out and back keyhole loop course through the woods of Panther Creek. Flat section runs on Old Wagon Road Trail, then onto lovely Deer Run Trail. The loop consists of Trout Lilly Trail, which offers the most challenging section of the run with two separate ascents and a lakeside boardwalk.

REGISTRATION AND FEES: All pre-registered runners should have their entry forms postmarked no later than Friday June 2, 2008. Fee: \$20.00 pre-registered & \$25 day of race. Pre-registered runners will be entered into door prize drawing. Race day registration at Panther Creek State Park opens at 6:45 am.

T-SHIRTS: Finest quality ORGANIC cotton, short sleeved. Pre-registered runners received shirts on race day. Race day registrants receive shirts as supplies last.

AWARDS: To the top three finishers male and female in the following divisions:

10 and under, 11-19, 20-29, 30-39, 40-49, 50-59, 60 and over. Awards will not be mailed.

AFTER THE Run/Hike: Please help us RECYCLE. The swimming pool will be open and a lifeguard on duty. Simple food provided. Please help us recycle old tennis shoes, cotton t-shirts & any fleece clothing. Bins will be provided.

INFORMATION: Dennis Zazueta (423)-317-7200 dennisz@friendsofpanthercreek.org
Sheri Belling (865)-414-3150 sheribelling@hotmail.com

Friends of Panther Creek State Park, 8K Trail Race

MAIL ENTRY FORM TO: 2010 Panther Creek Road / Morristown, TN 37814

-----Clip & Return-----

Name _____ Age (as of 6/07/08) _____ Male: ___ Female: ___

Address _____ City _____ State _____ Zip Code _____

Team Name: _____ Phone # _____ T-Shirt Size: ___ S ___ M ___ L ___ XL ___

In case of Emergency Call: _____ Phone # _____

ATHLETES RELEASE: Please read. To run the race, you must sign and date this form in the appropriate space below. I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the Panther Creek 8K Trail 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 **FRIENDS OF PANTHER CREEK STATE PARK, or PANTHER CREEK STATE PARK** 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.

Athlete's Signature

Parent's signature if under 18 years old

Date