

TREADIN' TRODDEN TRAILS

2008 OFF-ROAD RUNNING SERIES



SERIES DESCRIPTION AND HIGHLIGHTS: Courses will all be off road, with races set in the beautiful parks of Knoxville, Knox County, Oak Ridge and Norris, TN.

REGISTRATION & ENTRY FEE: Registration fees for each race will be \$10 for adults and \$5 for kids 14 and under.

T-SHIRTS: Special limited edition T-shirts will be printed for the series.

RACE NUMBER PICK-UP: Numbers will not be mailed. Pick up packet at race site 30-90 minutes before the start of the event.

INDIVIDUAL RACE AWARDS: Awards will vary from race to race.

REWARDS: The eminent satisfaction of completing a challenging run, testing oneself against the elements and participating in a delightful romp among the woods, waters and fields of East Tennessee.

SPECIAL SERIES AWARDS: Points will be awarded for overall finish (and volunteerism) at each of the TTT Series races. Top point earners at the end of the series (10 each male/ female and < 40/ 40+) will receive TTT Series awards. Participation (racing or volunteering) in five of the seven races is required for consideration for series awards. Overall top male and female and top male and female masters qualify for free entry to Big South Fork Trail Race and hotel accomodations for that race.

RESULTS: Results will be available on the Knoxville Track Club website: www.ktc.org

COURSE ETIQUETTE: We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers. Due to insurance regulations, no headsets, earphones, bicycles, baby strollers, roller blades or pets on the course.

INFORMATION: Contact Michael deLisle at Runners Market 865.588.1650

PROCEEDS FROM THE SERIES BENEFIT THE KNOXVILLE TRACK CLUB'S YOUTH ATHLETICS PROGRAM

SERIES SCHEDULE

This entry form is generic for the TTT Series. Please check the box next to the race for which you are registering. Distances approximate.

- | | | | | |
|--------------------------|-------------------|---------|---|-------------------------------------|
| <input type="checkbox"/> | Sunday, March 16 | 2:00 pm | Belly of the Beast (5 miles) | Melton Hill Park, Knoxville |
| <input type="checkbox"/> | Sunday, April 13 | 8:00 am | Haw Ridge Spring Splat (6 miles) | Haw Ridge Park, Oak Ridge |
| <input type="checkbox"/> | Saturday, May 17 | 8:00 am | Seven Islands Sunblast Trail Race (6 miles) | Seven Islands Nature Reserve, Kodak |
| <input type="checkbox"/> | Sunday, June 1 | 8:00 am | The Trail That Can't Be Concord (7 miles) | Concord Park, Knoxville |
| <input type="checkbox"/> | Sunday, June 29 | 8:00 am | Forks of the River Trail Race (5 miles) | Forks of the River Park, Knoxville |
| <input type="checkbox"/> | Sunday, July 6 | 8:00 am | I.C. King of Trails Race (7 miles) | I.C. King Park, Knoxville |
| <input type="checkbox"/> | Sunday, August 31 | 8:00 am | Norris Dam Hard Trail Race (20k) | Norris Dam State Park, Norris |

OFFICIAL 2008 TREADIN' TRODDEN TRAILS ENTRY FORM

Race Number

Address _____

Name

City _____ State _____ Zip _____

Last _____

Phone (____) ____ - ____ E-mail _____

First _____

In case of emergency, call _____ at phone _____

Sex Circle One: Male Female

Like to help at a future Knoxville Track Club Event? check here _____

Year of Birth _____

T-shirt size S M L XL

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 TREADIN' TRODDEN TRAILS SERIES 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 KNOX COUNTY, THE CITY OF KNOXVILLE, THE KNOXVILLE TRACK CLUB, THE CITY OF OAK RIDGE, THE CITY OF NORRIS, THE STATE OF TENNESSEE, TVA, ASICS, RUNNERS MARKET, BLUE RIDGE MOUNTAIN SPORTS, and 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:

Trail Series c/o Michael deLisle
Runners Market
4443 Kingston Pike
Knoxville, TN 37919

Make checks payable to

The Knoxville Track Club (No refunds)

Athlete's Signature

& if under 18, parent's signature

Date