

BIG SOUTH FORK 17.5 MILE TRAIL RACE

Due to insurance regulations, dogs will not be allowed on the trails.

Use of earphones, headsets strongly discouraged.



DATE TIME PLACE Saturday morning, September 26, 2009, 8:30 am. Eastern Daylight Time. Starts and finishes at Bandy Creek Campground in the Big South Fork NRRRA.

COURSE DESCRIPTION This 17.5 mile out-and-back, loop course starts and ends at the John Litton/Gen. Slavens Trailhead. The first 1.5 miles is paved and gravel, with balance being single track trail. After a short paved section to exit the campground, runners will follow the gravel road out of the campground area. After about one mile on gravel, runners will enter the trail and descend through the John Litton Farm to the Litton/Slavens trail. Taking a left there, they continue 2.5 miles to the Grand Gap Loop. Taking a right there, they follow the 6.8 mile Grand Gap Loop, and then return the entire 5.1 miles to the trailhead via the Litton/Slavens trail. Aid stations at (roughly) 3,5,8.5,12 and 14 miles. GU and/or bananas at 5,12 and 14. **COURSE CLOSSES IN 5 HOURS.**

DIRECTIONS & LODGING From Knoxville, take I-75 north to Oneida, Exit 141 (40 minutes) and follow the signs to BSFNRRRA. Proceed to the Bandy Creek Campground. Camping space is available at the Bandy Creek Campground. Reservations can be made through the NPS reservation service (www.nps.gov) at 1-800-365-CAMP. See our website for more detailed directions.

REGISTRATION AND FEES All runners **must postmark entry forms no later than Monday, September 21, 2009.** Fee: \$40.00. KTC runners eligible for a \$5.00 discount. Without sweatshirt, fee is \$30.00. Additional picnic lunches \$8.00 each. **Seven KTC volunteer coupons to waive fee. On line registration available through the KTC web page: www.ktc.org. NO LATE OR DAY OF RACE REGISTRATION.**

SWEATSHIRTS Each runner will receive a limited edition long-sleeve BSF Trail Race sweatshirt (unless choosing 'no sweatshirt' option).

AWARDS The top three overall, first masters (40+), first grandmasters (50+), first veterans (60+) and first Clydesdale (200+ lbs. male) and Athena (150+ lbs. female). Other awards three deep in the following age divisions: MALE & FEMALE 14-19, 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 not eligible for age division awards. Awards must be picked up by winners. They will not be mailed.

POST RACE CELEBRATION All runners are invited to a family picnic in the staging area held immediately after the race.

RESULTS Complete results will be posted on the the Knoxville Track Club's website: www.ktc.org.

SAFETY The course will be well-monitored with water and aid stations; however, due to the unusual nature of this race (and trail racing in general) we strongly recommend that you : (1) Carry your own water with a fanny pack (2) If sensitive to insect stings or bites, carry your own medication - yellowjackets have been a nuisance (3) Do some pre-race training off-road - there is no substitute for experience. And **remember this is a strenuous race and should only be run if you are properly trained** - We want you to have a good time.

INFORMATION FOR RUNNING OR VOLUNTEERING Contact Bobby Glenn (865/688-0715 or BGRuns@comcast.net) or the KTC Hotline at 888-217-5635. For Big South Fork information, call 931-879-3625.

OFFICIAL 2009 BIG SOUTH FORK 17.5 MILE TRAIL RACE ENTRY FORM

Race Number Address _____

Name _____ City _____ State _____ Zip _____

Last _____ Phone () _____ - _____ E-Mail Address _____

First _____

Sex Circle One male female In case of emergency, call _____

Age (as of 9-26-09) _____ at Phone () _____ - _____

Birthdate Mo. ____ Day ____ Yr ____ Additional Picnic Lunch Tickets @ \$8.00 each. ____ Total: \$ _____

PLEASE NOTE THAT COURSE CLOSSES IN FIVE HOURS.

We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers!

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 BIG South Fork 17 Mile 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. **which I must do in under 5 hours.** 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, NPS, any and all members thereof, and all further sponsors, 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.

Clydesdale/Athena Division (circle one)
200 lbs.+ male 150 lbs.+ female
Sweatshirt Size (circle one)
S M L XL
NO Sweatshirt, please check here.

KTC MEMBER \$5.00 DISCOUNT

Fill Out Completely and Mail with Entry Fee to:

Lindsey Sellmer, BSF Race
4049 Taliluna Ave.
Knoxville, TN 37919

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

Athlete's Signature

& if under 18, parent's signature

Date