

The Knoxville Track Club's Treadin' Trodden Trails 2009 Offroad Running Series proudly presents

# BELLY OF THE BEAST OFFROAD RACE

**DATE TIME PLACE:** Sunday morning, **March 22, 2009. 2:00 pm. EDT.** Starts/finishes at Melton Hill Park in far northwest Knox County.

**COURSE DESCRIPTION:** This roughly five mile, convoluted, reverse double loop course begins with a downhill charge across a broad grassy field. The course then enters the woods and climbs up and down The Baby Beast. Skirting Melton Hill Lake, runners then return to the grassy mown pathways for a significant distance before passing the registration area and encountering for the first time The Fearsome Beast. Assuming safe ascent of the Beast, runners then spend a good deal more time on grassy pathways looping around the park before tackling once again The Baby Beast. Hurtling downhill from its summit, runners then rejoin the grassy pathways for another mile or so before embarking on a final climb up the back side of The Beast. A final, death-defying plunge down the face of The Beast itself brings the exhausted runners to the finish line where they collapse in paroxysms of pain and oxygen deprivation. All in all a fun course.

**DIRECTIONS:** From Knoxville, take Pellissippi Parkway to Hardin Valley Road, then head west to Steele Road at the Hardin Valley Elementary School. Go right to first intersection, Sam Lee Road, and turn left. There will be no more turns. Sam Lee Road joins Couch Mill Road and continues into Williams Bend Road, which runs right into the park.

**REGISTRATION AND FEES:** Fee: \$10.00. Yup, you heard me: ten bucks. Five bucks for students 14 and younger. Two KTC volunteer coupons will waive fee. On line registration available at [www.ktc.org](http://www.ktc.org).

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

**RACE NUMBER PICKUP:** Numbers will not be mailed. Pick up packet at race site 30-90 minutes before the start.

**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 four of the 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 accommodations for that race.

**RESULTS:** Results will be available on the Knoxville Track Club website: [www.ktc.org](http://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.

**SAFETY:** The course will be monitored with water and aid stations; however, due to the unusual nature of this race (and trail racing generally) 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, and (3) Do some pre-race training offroad, as there is no substitute for experience. We want you to have a good time.

**INFO FOR RUNNING OR VOLUNTEERING:** Contact race director Nicole Howe 865.804.2963 or [howe3201@charter.net](mailto:howe3201@charter.net). More info 865.588.1650

## OFFICIAL 2009 BELLY OF THE BEAST ENTRY FORM

Race Number

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Name

Last \_\_\_\_\_

Phone ( ) \_\_\_\_\_ - \_\_\_\_\_ E-Mail Address \_\_\_\_\_

First \_\_\_\_\_

**In case of emergency, call \_\_\_\_\_  
at Phone ( ) \_\_\_\_\_ - \_\_\_\_\_**

Sex Circle One male female

Year of Birth \_\_\_\_\_

Birthdate Mo. \_\_\_\_ Day \_\_\_\_ Yr \_\_\_\_

T-shirt Size (circle one)

S M L XL

**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 Belly of the Beast Offroad 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 KNOXVILLE TRACK CLUB, RUNNERS MARKET, BLUE RIDGE MOUNTAIN SPORTS, NATIONAL HEALTH CARE, ASICS, AND KNOX COUNTY, 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:

Nicole Howe, Belly of the Beast Race

2106 Buckingham Circle, Maryville TN 37803

Make checks payable to

The Knoxville Track Club (No refunds)

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
& if under 18, parent's signature

\_\_\_\_\_  
Date