

The Knoxville Track Club Proudly Presents the 26th ANNUAL



CARTER MILL 10K



Roller blades, strollers, bicycles, and dogs will not be allowed on the course. Use of earphones, headsets strongly discouraged. We will disqualify anyone who exhibits unsportsmanlike conduct.

DATE, TIME, and PLACE Saturday morning, **July 11, 2009, 7:30am.** Starts and finishes at Carter Mill community swimming pool, east Knoxville. Directions: from Knoxville, go east on 1-40. Take Strawberry Plains exit. Go left at end of exit ramp onto Strawberry Plains Pike. Go approximately 3 miles to stop sign. Turn right on highway #70. Go approximately 1/2 mile and turn right on Carter School Road. Go 1/4 mile, then turn right on Carter Mill Rd. The pool is on your left. Signs mark each turn.

COURSE DESCRIPTION USATF Course Certification #TN 03001 DJR. Out and back course that runs on rolling, rural roads, with second half slightly more downhill, especially the last 1/2 mile.

REGISTRATION AND FEES \$15 to pre-register by July 3, 2009; KTC pre-registered runners eligible for \$3.00 discount off entry fee; 3 Volunteer Coupons accepted in lieu of entry fee. Pre-registration also available at Runners Market, Western Plaza or Campbell Station Rd. Late registration - July 4th thru day of race, \$20.00. Race Day registration from 6:30 until 7:30 am at the pool. Deduct \$5 for 'no t-shirt' option.

SHIRTS First quality, short-sleeved dri-release shirt. Pre-registered runners receive shirts on race day, late-registrants receive shirts as supplies last.

AWARDS Ceremony following the race. Awards to the top three overall, 1st Masters (40+), 1st Grandmasters (50+), and 1st Veterans (60+) male and female. Awards to the first **Clydesdale/Athena**, (male, 200 lbs. +/- female 150 lbs. +). Overall winners not eligible for age division awards (three deep). Awards must be picked up on raceday morning.

MALE & FEMALE: 14 & 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+.

KTC GRAND PRIX TEAM SERIES Open, Corporate, Women's Divisions, awards four deep. Cross country scoring. Male, female, and mixed teams possible. Membership in KTC not required, no additional fees. Teams MUST pre-register.

POST RACE CELEBRATION Enjoy a swim while enjoying refreshments.

RESULTS Complete results and photos will be posted on KTC's Web Page: www.ktc.org.

INFORMATION Julia Conner, 1.615.476.9105, or email at juliagrace17@yahoo.com.

OFFICIAL 2009 CARTER MILL 10K ENTRY FORM

Race Number Address _____

City _____ State _____ Zip _____

Name _____ Phone (____) _____ - _____

Last _____ E-mail Address _____

First _____

Sex: Circle One: Male F

Age(as of 7/11/09) _____

Birthdate: (mo.) _____ (day) _____ (yr.) _____

Clydesdale/Athena Division. (Circle One)

200 lbs. + male 150 lbs. + female

Circle T-Shirt size s m l xl xxl

No shirt option, please check here

KTC Member \$3.00 Pre. Reg. Discount

3 KTC Volunteer Discount Coupons Accepted

2009 KTC Grand Prix Team Series

Open _____ Corporate _____ Women's _____

Name of Team: _____

In case of emergency, call _____ at phone _____

Like to volunteer at some future KTC race, please check here _____

"KTC Volunteer Spirit: Run Three Races, Work One."

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 CARTER MILL 10K ROADRACE 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 THE KNOXVILLE TRACK CLUB, CARTER COMMUNITY POOL, MALLIA ENGINEERING 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:

Angie Manis/Carter Mill 10K
8419 Carter Mill Rd.
Knoxville, TN 37914

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

 Athlete's Signature & if under 18, parent's signature Date