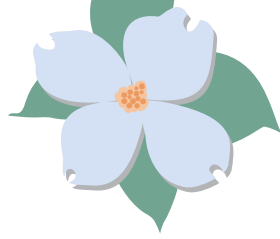


BlueCross Dogwood ClassicSM



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Knoxville Track Club
P.O. Box 52266
Knoxville, TN 37950

Knoxville Track Club

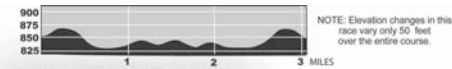
— proudly presents the —

25th Annual

BlueCross Dogwood ClassicSM



5K Run/Walk



Registration Form and Waiver

BlueCross Dogwood Classic 5K

Make checks payable to:

The Knoxville Track Club

Fill out completely and mail with entry fee (no refunds) to:
BlueCross Dogwood Classic, c/o Kristy Altman
6734 La Christa Way
Knoxville, TN 37921

Race Number _____
official use only

Please Print

Entrant's Name _____

Address _____

City _____ State _____ Zip _____

(_____) _____
Phone _____

E-mail Address _____

Emergency Contact Name and Phone # _____

Sex: (Circle one) Male Female

Age: (as of 4/25/09) _____

Birth date: (mo)____ (day)____ (yr)____

Clydesdale/Athena Weight Div: (if applicable)
200 lbs.+ male 150 lbs.+ female

T-Shirt Size: (circle) S M L XL
No t-shirt: _____ (deduct \$5 from entry fee)

Fees:

_____ 5K Run (\$18 before 4/18, \$20 after 4/18)

_____ 5K Walk (\$12 thru race day)

KTC \$3 Pre-reg. discount _____

Team Competition:

Open _____ Corporate _____ Women's _____

Team Name _____

ATHLETES RELEASE: I know that running and volunteering to work in club races is potentially hazardous. I should not enter and run in the **BlueCross Dogwood Classic 5K** event 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, BlueCross BlueShield of Tennessee, Inc., an Independent Licensee of the BlueCross BlueShield Association, the Knoxville Track Club, 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.

Participant's Signature

If Under 18, Parent or Guardian Signature

Date

**KTC Volunteer Spirit At Its Finest.
RUN THREE RACES, WORK ONE.**

If you would like to volunteer at a future KTC event, please check here _____.

**BlueCross
Dogwood
Classic**



BlueCross Dogwood Classic 5K Run/Walk

Saturday, April 25, 2009

The BlueCross Dogwood Classic is the first event in the Triple Crown Series presented by the Knoxville Track Club.

**BlueCross Dogwood Classic 5K
Knoxville Track Club Expo 10K/5K
Pilot Fireball Classic 5K**

*Run or Volunteer in All Three for
Special Award Eligibility*

DATE/TIME/PLACE

Saturday, April 25, 2009 at 8 a.m.

Starts at west end of Cherokee Blvd., adjacent to Sequoyah Park.

ARRIVE EARLY. Registration starts at 6:30 a.m.

DIRECTIONS: From I-40, take the Alcoa Hwy./ Airport exit (386B). Take the first exit off Alcoa Hwy. (Cumberland/Kingston Pike). Turn right at the bottom of the ramp and head west on Kingston Pike. Go one mile and turn left at the light (Cherokee Blvd.) into Sequoyah Hills. Continue 2 1/2 miles to the end of Cherokee Blvd.

COURSE DESCRIPTION: Starts and finishes at the west end of Cherokee Blvd., with the course looping around the historic Talahi Park near the main fountain. One of Knoxville's most scenic and popular routes. Fast and fairly flat course.

T-SHIRTS: First quality, 100% cotton, short-sleeved. Pre-registered runners receive shirts on race day. Late and/or race day registrants receive shirts as supplies last. **Deduct \$5 from your entry fee if you do not want a t-shirt.**

REGISTRATION AND FEES: All pre-registered runners kindly postmark entry forms no later than Friday, April 17; Fee: \$18; KTC pre-registered entrants eligible for a \$3 discount off entry fee; three KTC Volunteer Coupons accepted in lieu of race entry fee (pre-registration only). Late registration: Saturday, April 18 through 7:30 a.m. race day, \$20.

WALKERS: Follow 5K route, all finishers receive ribbons. Registration fee for walkers is \$12, no late fee increase.

TEAM COMPETITION: Team divisions: Open, Corporate and Women's. Top four team members score in Open and Corporate divisions, top three members score in Women's division. Membership in KTC not required. Teams **MUST** pre-register. No additional costs other than individual entry fees.

AWARDS: To the top three overall, first masters (40+), first grandmasters (50+), & first veterans (60+) male and female. Also to the first Clydesdale (male 200 lbs.+) and first Athena (female 150 lbs.+).

Other awards three deep in the following categories (male and female):

14 and 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+.

Overall winners and Clydesdale/Athena entrants not eligible for age division awards. Awards must be picked up by winners on race day morning; they will not be mailed. Results posted on KTC Web site, www.ktc.org.

RACE ETIQUETTE: We reserve the right to disqualify anyone displaying unsportsmanlike conduct. Animals, roller blades and bicycles are not allowed on race course.

INFORMATION: Kristy Altman (865) 805-2008, kalts2@comcast.net.