



The Knoxville Track Club
proudly presents the 32nd annual



EXPO 10,000

and 5K Run/Walk



MEMORIAL DAY WEEKEND - SATURDAY, MAY 23, 2009

DATE, TIME, AND PLACE: Saturday, May 23, 2009. 8:00 am. Starts and finishes at the Civic Coliseum on Church Avenue.

EXPECTED PARTICIPATION: 1000 in the 10K, 500 in the 5K.

REGISTRATION & ENTRY FEE: **Early Registration** - Deadline is Friday, May 15, 2009 for all mail-in entries and signups at Runners Market, The Shops at Western Plaza, 4443 Kingston Pike, Knoxville TN 37919 or 623 Campbell Station Road, Knoxville TN 37934 during normal business hours: M-F 10:00-7:00 pm, Saturday 10:00 - 6:00 pm. Fee is \$18.00 for the 10K/5K. Three KTC Volunteer Coupons accepted for early registration. **Late Registration** - Saturday, May 16 - Friday, May 22 at Runners Market, late fee (\$20) in effect. Four Volunteer Coupons accepted. **Day Of Race** - Saturday morning at the Coliseum: 6:30-7:30 am. (\$20) Limited Registration. No T-shirt option, deduct \$5.00 from entry fee.

T-SHIRTS: First quality 100% cotton commemorative short sleeve shirts to all runners and walkers, unless desiring no t-shirt option.

PACKET PICK-UP: Friday, May 22, 2009 from 11:00 a.m. - 6:00 p.m. at Runners Market. **Mandatory Pickup On Friday.** You may pick up for friends and family. In the event you cannot pick up on Friday, you must write us a note to that effect and include with your entry form. Those individuals must pick up packets at the Civic Coliseum on Saturday morning between 6:30-7:30 am.

AWARDS: Award ceremony to be held shortly after the race. Awards to the top three overall, first & second Masters (40+), first & second Grandmasters (50+), first & second Veterans (60+) male and female. Other awards three deep in the following categories: Clydesdale/Athena (200 lbs.+ male/150 lbs.+ female); 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79. 80+. Overall winners are not eligible for age division awards. Age division awards must be picked up on raceday morning; they will not be mailed.

PRIZE MONEY 10K PURSE ONLY: Open Male & Female: 1st place: \$300, 2nd place: \$250, 3rd place \$200. Masters Male & Female: 1st place: \$150, 2nd place \$100. Grandmasters Male & Female: 1st place: \$150, 2nd place \$100. Veterans Male & Female: 1st place: \$150, 2nd place \$100. Wheelchair: 1st place, \$150, 2nd place \$100, Male & Female. Only one money award per runner (no "double-dipping"). **All prize money checks will be mailed.**

TEAM AWARDS: On the KTC 2009 Team Grand Prix Competition. Three Divisions: Open, Corporate, Women's. Plaques to the top four teams in each division; top four team members score in the Open and Corporate Division, top three members score in the Women's Division.

REFRESHMENTS AND CELEBRATION: Post Race celebration includes an assortment of food and drink, music, and door prizes.

INCIDENTALS: BOPP will photograph the race. Be sure to wear your number on the front of your shirt.

RESULTS: For complete results, check the KTC web site: www.ktc.org.

CONTACT INFORMATION: Kristy Altman 865.805.2008 or kaltmanruns@gmail.com

RACE NUMBER
for official use only

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EXPO 10,000 and 5K Run / Walk



Due to insurance regulations, no bicycles, roller blades, animals on race course. We reserve the right to disqualify anyone displaying unsportsmanlike behavior.

10K Race

5K Race / Walk

Wheelchair hand-crank
push-rim

Last name (Please Print)

First Name (Please Print)

Middle Initial

Street Address or PO Box

City State

Zip

Circle T Shirt Size: small medium large X-large XX-large Check if you have run all previous EXPOS

Telephone Number (____) _____ - _____ E mail Address _____

Circle : Male Female Date of Birth ____/____/____ Age as of 5/23/2009 _____ Check if KTC member
mo. day year

Specialties: **(Please check only one division)**

Mother-Son Mother-Daughter Father-Son Father-Daughter

Wife-Husband Three Generations Clydesdale/Athena (200 lbs.+ male or 150 lbs.+ female)

Name of Partner(s) in above competitions _____

TEAM COMPETITION: OPEN _____ CORPORATE _____ WOMEN'S _____

Name of Team _____

FEES: \$18.00 (EARLY) \$12.00 (under 15 yrs.) \$20.00 (LATE REG.)
(May 16--May 23)

Check box for \$3.00 KTC Member discount off the pre-registration fee (postmarked by Friday, May 16th)

Check box for No T -Shirt option (subtract \$5.00 from entry fee)

Mail Entries/Fees to:
Angie Manis
EXPO 2009
8419 Carter Mill Rd.
Knoxville, TN 37914

Make checks payable to **Knoxville Track Club** (no refunds)

Athlete's Release Please Read, Sign, and Date (necessary to participate in this event)

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the 2009 Knoxville Track Club EXPO 10K/5K 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 the weather, including high heat or humidity, the condition of the road and traffic on the course, all such risks being known and appreciated by me. I, for myself, and anyone entitled to act on my behalf, waive and release the Knoxville Track Club, RRCA, the City of Knoxville, Runners Market, 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

Date Athlete's Signature If Under 18, parent's signature

JOIN THE KTC TODAY AND GET FREE ENTRY INTO THE 2009 EXPO RACE!

Name(s) _____ Birthday _____
Address _____ City _____ State _____ ZIP _____
Email _____ Work Phone _____ Home Phone _____
Age _____ Sex _____ Yearly Dues: Individual (\$20.00) Family (\$30.00) Like to volunteer in one or two races a year? Please check here:

MEMBERS RELEASE:

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Date Member's Signature if under 18, parent's signature