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Date and Time: Thursday, June 11, 2009 - 7 pm. Participants will start in waves: Males 1 – 39 at 7 pm; Females 1 – 39 at 7:10 pm; Males 40+ at 7:20 pm; Females 40+ at 7:35 pm; Fun Walk (all ages) at 7:55 pm.

Expected Participation: 1000 runners and walkers.

Course Description: Out and back one mile road race on I-40. Participants MUST wear a bib to be allowed on to the course site.

Registration and Entry Fee: Pre-registration through June 5, 2009 – Competitive Run (all ages) - \$15; Fun Walk – ages 11 and up is \$5 and 10 and under is free. **Late Registration – June 6 through Race Day** – Competitive Run (all ages) - \$20; \$10 for Fun Walk (ages 11 and up) and Free for 10 and under. Race Day Registration from 5:00 to 6:30 pm at the Civic Coliseum only. All participants must be registered including children 10 and under. Children 10 and under must be accompanied by an adult. **MANDATORY packet pick-up at the Civic Coliseum ONLY from 5 to 6:30 pm on Race Day – NO EXCEPTIONS.**

Note: Fun Walk participants will NOT be timed.

Parking and Shuttles: All participants should park at the Civic Auditorium and Coliseum parking garage. Shuttles will be available for transportation to and from the race site.

T-shirts: Commemorative, short-sleeved t-shirts to all pre-registered participants & as supplies last on race day.

Awards: Awards ceremony to be held shortly after races at the race site. Awards to the top 3 overall, first place masters, grandmasters, and veterans. Age group awards 3 deep in age divisions. Age divisions will be in 5 year increments except for 1 - 14 and 80 – 99. Overall winners are not eligible for age division awards. Awards must be picked up on race day.

Post Race Celebration: Refreshments will be available at the post-race celebration at the race site.

Results: A complete list of results will be available at www.ktc.org.

Contact Information: Kristy Altman, 865.805.2008, kaltmanruns@gmail.com.

1 Mile Competitive Run _____	1 Mile Fun Walk _____	Bib No. _____ For Official Use Only
_____	_____	_____
Last Name	First Name	
_____	_____	_____
Street Address	City, State	Zip Code
_____	_____	_____
Phone Number	Email	
_____	_____	
In case of Emergency, call: _____		at phone _____
Shirt Size (circle): YM YL Adult - Sm Med Large X-Large XXL		Circle: Male Female
Birthdate (as of 6/11/09): ___/___/___ Age: _____		
Month Date Year		
Please make check payable to the Knoxville Track Club.		Fill out completely and Mail with Entry Fee to: Angie Manis/Fast 40 Dash 8419 Carter Mill Road Knoxville, TN 37914

Athlete's Release: Please read, sign, and date (necessary to participate in this event);
Athletes Release: I know that running and volunteering to work in club races is potentially hazardous. I should not enter and run in the **Fast 40 Dash** 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/walk. I assume all risks associated with running/walking 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, 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, **Wilbur Smith Associates, BB Smartfix Constructors, LLC, State of Tennessee, City of Knoxville, Knox County, Tennessee Department of Transportation, and 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.

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