

GREENWAYS 5K/2MI WALK & Dog Jog

THIS EVENT IS IN SUPPORT OF THE KNOXVILLE GREENWAYS

DATE TIME AND PLACE: 2:00PM., Sunday, April 5, 2009. Registration, race start, and post-race activities at West High School on Tobler Lane in the Bearden/Sequoyah Hills area (from West Knoxville, go east on Kingston Pike to the Bearden area, 1/4 mile past Western Plaza Shopping Center, turn left on Forest Glen, then right on Tolber Lane and go to bottom of hill, cross railroad tracks, school is on left; from UT and east/south/north Knoxville, go west on Kingston Pike to Forest Glen and turn right).

COURSE DESCRIPTION: 5K course is an out and back scenic route eastward from West High School along Third Creek Greenway, with a loop turn-around on Concord Street and Painter Avenue.

WALK Walkers follow 2 mi route westward from West High School along Third Creek Greenway to Forest Hgts. Rd, returning along greenway. All walkers receive a finisher's ribbon.

EXPECTED PARTICIPATION: 175 runners. **COURSE RECORDS:** Overall Men, Scott Crouter 15:11 (2004); Overall Women, Jasmin Keller 16:34 (2002); Masters Men, Bobby Sumpter 17:39 (2003); Masters Women, Marsha Morton 20:39 (2007); Grand Masters Men, Hedley Bond 18:37 (1999); Grand Masters Women, Sally Evenden 21:50(2007); Veterans Men, Bob Barber 19:20(2008); Veterans Women, Pat Denton 26:23 (2005).

REGISTRATION & FEES for 5K: Pre-registration closes (must be postmarked by) Friday, March 27, 2009. Fee: \$15.00 (\$3.00 discount for members of KTC, or Greenways Coalition). **No T-shirt option:** subtract \$5.00 from entry fee. **Late registration: \$20 Saturday, March 28th -April 5.**

2 Mi. Walk & Dog Jog: Registration is \$12 through race day, April 5, 2009. Pets on leashes are welcome for walk.

T-SHIRTS First quality 100% cotton short sleeve with original design. Pre-reg. runners receive shirts on raceday. **Late registrants, as supplies last.**

TEAM COMPETITION 6th race on KTC's Corporate team competition schedule (no other divisions at this race). Top four members score.

AWARDS: Ceremony following race. Awards are live, clay potted plants from Stanley's Greenhouses and plaques to the top 3 overall, top Masters (40+), top Grandmasters (50+) and top Veterans (60+), male and female; plants to winners in the following divisions (three deep) Clydesdale/Athena (200 lbs+male, 150 lbs+ female). Male/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+. Results on KTC web page, www.ktc.org.

CELEBRATION & REFRESHMENTS: A multitude of food and drinks: fruits, cookies, bagels, Krispy Kreme doughnuts, and soft drinks. Live music by Danny Gammon and Don Cassell.

RESTRICTIONS: Due to insurance regulations, NO roller blades, baby strollers, bicycles, or animals allowed on the 5K course. Use of earphones and headsets strongly discouraged. We reserve the right to disqualify anyone exhibiting unsportsmanlike conduct or rudeness to race volunteers.

INFORMATION: Ron McElhane (865) 777-0409 or (865) 307-1765/ron122343@netzero.net or Donna Terzak (865) 531-3839/djterzak@tva.gov.

SPONSORS: ARBY'S, ROHM & HAAS, NATURES PANTRY, and THE BIKE ZOO, RIVER SPORTS OUTFITTERS, RUNNERS MARKET, Cariten Health, and the City of Knoxville.

OFFICIAL 2009 GREENWAYS 5K/2 Mi Walk & Dog Jog ENTRY FORM

Race Number

Name

Address _____

Last _____

City _____ State _____ Zip _____

First _____

Phone (____) _____ E-mail address _____

Sex Circle One: Male Female

5K RUN

2 MI WALK (\$12.00, no late fee)

Age (as of April 5, 2009) _____

Birthdate (month)____ (day)____ (yr)____

Corporate Team Competition Team Name _____

Clydesdale/Athena
200 lbs.+ male____ 150 lbd.+ female____

In case of emergency, call _____ at # _____

If you would like to volunteer at a race, contact volunteers@ktc.org

KTC or Knox Greenways Coalition Member
\$3.00 Pre. regist. Discount
3 KTC Volunteer Coupons Accepted

Circle T-Shirt Size: S M L XL

No Shirt Option, please check here: _____

Fill Out Completely and Mail with Entry Fee to:

Angie Manis/ Greenways 5K
8419 Carter Mill Road
Knoxville, TN 37914

Make checks payable to
KNOXVILLE TRACK CLUB
(no refunds)

Athlete's Release--Please Read and Sign: I know that participating as runner/walker in races/walks is a potentially hazardous activity. I should not enter and participate in the Greenways 5K run unless I am medically able and properly trained. I agree to abide by any decision made by an official relative to the run. I assume all risks associated with running in this event, including, but not limited to, falls, contact with other participants, the effects of weather (including high humidity, heat, ice and snow), the condition of the course (which will NOT be maintained), and traffic, all such risks being known and appreciated by me. Having read this waiver and knowing these risks and 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 Knox Greenways Coalition, Knoxville Track Club, City of Knoxville, and all sponsors, together with members and employees thereof and their representatives and successors (herein together "Indemnitees"), from all claims or liability of any kind arising out of any action or failure to act on the part of the Indemnitees. I also grant permission to the Indemnitees to use any photograph, pictures, recordings or any other record for any legitimate purpose.

Athlete's Signature (If under 18, Parent's Signature) Date