



HAW RIDGE TRAIL RACE

Friday, August 7, 2009 5:30 p.m. • Haw Ridge Park, Oak Ridge, TN

COURSE: Course length is about seven miles. The race will start and finish near the end of Old Edgemoor Road, at the north side of Haw Ridge Park. Trails are all packed dirt with exception of a short paved section at the start/end. Expect plenty of rocks, roots, and ruts. The course includes scenic trails along the shore of Melton Hill Lake, with steep climbs and descents. More information can be found at www.hawridge.org. Water will be available at the start but it is strongly recommended to bring/carry your own.

REGISTRATION: Early registration is \$12 (must be postmarked by 8/1/09). Late registration is \$15. You may register at Runners Market until 8/4/09 (late fee in effect after 8/1/09). You may also register on race day at the race site 4:00-5:00 p.m. (\$15). Entry forms are available at both Runners Market locations and www.runnersmarket.com. All pre-registered runners receive t-shirt on race day. Late registrants receive shirts as supplies last or at a later date. **NO T-SHIRT OPTION SUBTRACT \$5 FROM ENTRY FEE.**

POST-RACE CELEBRATION: Food and drinks served.

PARKING: Parking will be available at the Life Development Center at the end of Edgemoor Road.

DIRECTIONS: From I-75/40 in Knoxville, take Hwy. 162 (Pellissippi Parkway) toward Oak Ridge. Travel seven miles on 162, cross over Clinch River (Melton Hill Lake), and exit onto Edgemoor Road. Travel 1.5 miles on Edgemoor Road, take the first right onto Old Edgemoor Road. Go to the end of Old Edgemoor Road.

RESULTS: Results will be available at Runners Market and www.runnersmarket.com

For more information, please contact the race director, Kevin Pack, at (865) 588-1650, or runnersmarket@nxs.net.

VOLUNTEERS NEEDED. PLEASE CALL OR EMAIL.

PLEASE SUPPORT FOHR The Friends of Haw Ridge is a citizen-created nonprofit 501(c)(3) organization established to:

- foster conservation and educational efforts in support of Haw Ridge Park.
- work with the City and citizens of Oak Ridge and Park users to provide quality recreation and interpretive experiences to the general public

RUNNERS MARKET WILL MATCH YOUR CONTRIBUTION (You may donate ANY amount, Runners Market will match up to \$20.)

Donation Amount \$ _____ (please add to entry fee)

2009 HAW RIDGE TRAIL RACE ENTRY FORM

Fill out completely and mail with entry fee to: Runners Market, 4443 Kingston Pike, Knoxville, TN 37919. Make checks payable to Runners Market. NO REFUNDS.

RACE NUMBER (official use only): _____

NAME: _____ AGE (as of 8/7/09) _____ Birth date (m/d/y) _____

SEX (Circle): M F PHONE: (____) _____ EMAIL _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

Circle T-shirt size S M L XL No shirt option – please check here _____ (Subtract \$5 from entry fee)

FOHR Contribution \$ _____ (add to entry fee)

Release - please read. To run the race, you must sign and date.

I know that running is a potentially hazardous activity. I should not enter and run in the Haw Ridge Trail Race 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 in the Haw Ridge Trail Race, including but not limited to falls, the effects of weather including high heat or humidity, the condition of the race course, 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 City of Oak Ridge, Runners Market LLC, Friends of Haw Ridge, and Anderson County Life Development Center, 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 Haw Ridge Trail Race, 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.

Signature _____ Date _____