



KNOXVILLE TRACK CLUB PROUDLY PRESENTS
NEW YEAR'S DAY 5K RUN/WALK
 Awarding the top 100 women/men!



DATE TIME PLACE Thursday morning, **January 1, 2009, 9:30 am.** Starts and Finishes on Neyland Drive adjacent to Volunteer Landing. Staging area is Calhoun's Restaurant on the River. **Race will be CHIP TIMED.**

In case of cancellation due to either ice or sleet check the KTC Message Board at www.ktc.org.

COURSE DESCRIPTION Out and back on Neyland Dr; Knoxville's flattest and fastest 5K. USATF Certified #TN95005 RH.

REGISTRATION **Early Registration \$20.00** by Dec.19th, 2008. KTC members - \$3.00 discount off early entry fee. **Late registration \$25** (after 12/19/08). KTC Volunteer Coupons accepted in lieu of race fee. Registration on race morning, 7:45a.m. - 9:00 a.m. at Calhoun's Restaurant.

T-SHIRTS First quality, 100 % cotton, long-sleeved. **Deduct \$5.00 from entry fee if you do not want a shirt.**

SCHOOL/YOUTH ORGANIZATION DISCOUNT All schools and youth organizations are eligible for the KTC Discount of \$3.00 per athlete, provided they have a minimum of 10 registrants and mail in their entries together. Applies to preregistered athletes only.

AWARDS & POST RACE CELEBRATION A great post-race continental breakfast served by Calhoun's. Ceremony following the race. Awards to the top male and female and to the youngest and oldest male and female. Also commemorative awards to the top 100 males/ females crossing the finish line. Festive **GRAND PRIZE DRAWINGS** open to all entrants. This race is on the KTC Grand Prix 2009 Series schedule with appropriate points awarded to typical overall and age division winners.

TEAM COMPETITION Open, Corporate, Women's Division - top four members score (top three in Women's Div.), awards four deep. Teams must pre-register. Membership in KTC not required; no additional costs other than individual entry fees.

RESULTS Complete results will be posted on the KTC web page at www.ktc.org.

RACE ETIQUETTE Due to insurance regulations, roller blades, strollers, bicycles, and dogs will not be allowed on the course. Use of earphones, headsets is discouraged.

INFORMATION Contact Race Director Eddie Reymond at 670-1533 or 693-4909 or AirVol@aol.com

OFFICIAL JANUARY 1, 2009 CALHOUN'S NEW YEAR'S DAY 5K ENTRY FORM

Race Number

We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers.

Address _____

Name

City _____ State _____ Zip _____

Last _____

Phone (____) _____ - _____ Email _____

First _____

Sex M F

In case of emergency, call _____ at phone _____

Age (as of 1/01/2009) _____

DOB: month ____ day ____ yr ____

TEAM COMPETITION: Open ____ Corporate ____ Women ____

Clydesdale/Athena Div. :

TEAM NAME _____

200+ lbs. male 150+ lbs. female

T-shirt size (circle one) S M L XL

Like to volunteer at some future KTC race, please check here ____

" KTC Volunteerism at its finest: Run Three Races, Work One"

FEES:

- ____ \$20 Early/\$25 Late
- ____ KTC member. deduct \$3 (early reg. only)
- ____ No T Shirt Option, deduct \$5
- ____ Total (KTC vol.coupons accepted)

ATHLETE'S RELEASE: PLEASE READ, TO RUN THE RACE, YOU MUST SIGN AND DATE IT. I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the New Year's Day 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 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 The Knoxville Track Club, Calhoun's Restaurant, Health Shoppe, any and all members thereof and all further sponsors, their representatives, successors, from all claims of 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.

Fill Out Completely and Mail with Entry Fee to:

Angie Manis/Calhoun's New Year's Day 5K
 8419 Carter Mill Rd
 Knoxville, TN 37914

Make checks payable to:
 The Knoxville Track Club (No refunds)

 Athlete's Signature & if under 18, parent's signature Date