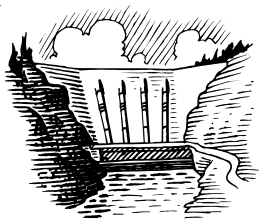


The Knoxville Track Club's Treadin' Trodden Trails 2009 Offroad Running Series proudly presents

Norris Dam Hard Trail Race



DATE TIME PLACE: Sunday morning, **September 6, 2009. 9:00 am.** Starts/finishes at Norris Dam State Park off US 441 in Norris, TN.

COURSE DESCRIPTION: The 13-14 mile course will take advantage of the new 5.5 mile lakeside trail recently completed on the watershed. With a few changes from last year, the course will give a complete tour of the watershed and east end of the state park. It is highly recommended that each participant carry water! You WILL have fun!.

DIRECTIONS: From Knoxville: Take I-75 north to exit 122. Turn right off exit towards Norris. From the top of the exit ramp, go 1.4 miles, then turn left on Hwy 441/Norris Freeway. Go about 4.8 miles, then when you approach the dam, turn right at the Norris State Park cabin/campground. Go up the hill about a quarter of a mile to the 2nd pavilion on your right.

REGISTRATION AND FEES: Fee: \$10.00. Yup, you heard me: ten bucks. Five bucks for students 14 and younger. Two KTC volunteer coupons will waive fee. On line registration available at www.ktc.org.

T-SHIRTS: Special limited edition T-shirts will be printed for the series.

RACE NUMBER PICKUP: Numbers will not be mailed. Pick up packet at race site 30-90 minutes before the start.

REWARDS: The eminent satisfaction of completing a challenging run, testing oneself against the elements and participating in a delightful romp among the woods, waters and fields of East Tennessee.

SPECIAL SERIES AWARDS: Points will be awarded for overall finish (and volunteerism) at each of the TTT Series races. Top point earners at the end of the series (10 each male / female and < 40 / 40+) will receive TTT Series awards. Participation (racing or volunteering) in four of the races is required for consideration for series awards. Overall top male and female and top male and female masters qualify for free entry and hotel accomodationsto either the Big South Fork Trail Race in September or the Treadin' Trodden Trails 50k in October.

RESULTS: Results will be available on the Knoxville Track Club website: www.ktc.org

COURSE ETIQUETTE: We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers. Due to insurance regulations, no headsets, earphones, bicycles, baby strollers, roller blades or pets on the course.

SAFETY: The course will be monitored with water and aid stations; however, due to the unusual nature of this race (and trail racing generally) we strongly recommend that you : (1) Carry your own water with a fanny pack, (2) If sensitive to insect stings or bites, carry your own medication, and (3) Do some pre-race training offroad, as there is no substitute for experience. We want you to have a good time.

INFO FOR RUNNING OR VOLUNTEERING: Contact race director Kerry Trammell at 865-567-0377 or kerryt11@comcast.net. More info 865.588.1650

OFFICIAL 2009 NORRIS DAM HARD TRAIL RACE ENTRY FORM

Race Number

Address _____

City _____ State _____ Zip _____

Name

Last _____

Phone () ____ - ____ E-Mail Address _____

First _____

**In case of emergency, call _____
at Phone () _____ - _____**

Sex Circle One male female

Year of Birth _____

Birthdate Mo. ____ Day ____ Yr ____

T-shirt Size (circle one)

S M L XL

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

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 Norris Dam Hard 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 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 KNOXVILLE TRACK CLUB, RUNNERS MARKET, BLUE RIDGE MOUNTAIN SPORTS, NATIONAL HEALTH CARE, ASICS, THE CITY OF NORRIS, TVA, NORRIS DAM STATE PARK, THE STATE OF TENNESSEE, ANDERSON COUNTY, 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.

Fill Out Completely and Mail with Entry Fee to:

Michael deLisle, Norris Dam Hard Trail Race
4443 Kingston Pike, Knoxville TN 37919

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

Athlete's Signature

& if under 18, parent's signature

Date