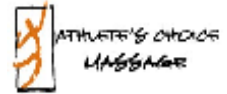


The Knoxville Track Club Proudly Presents The 7th Annual

Summer Solstice 8K Challenge



No Race-day Registration
Entries Must Be Received By Tuesday June 16, 2009
(Registration Cap - 180 entries)



DATE, TIME, AND PLACE Saturday evening, **June 20, 2009, 6:00 pm**. Starts and Finishes at the Mill House Restaurant in Walland.

DIRECTIONS From Knoxville: take the Alcoa Highway South. Past the airport, when the road forks, keep to the left on HWY #321 toward Maryville and the Smokies. Continue on HWY 321 through Maryville. Proceed 7.2 miles beyond Blount Memorial Hospital. Look for 'Pure Pleasure' and turn left. Cross the Little River and turn left at the 'T.' The Mill House Restaurant is 1/2 mile on your right.

COURSE DESCRIPTION USATF Course Certification #TN 03018 RH. A hilly, challenging, out and back course that runs on rural, backcountry paved roads. Memorable hills, definitely not a PR course. No whining. Bring a sweat band.

REGISTRATION AND FEES Registration is capped at 180 entries. We must receive your entry form no later than Tuesday, June 16, 2009. **NO FURTHER REGISTRATION! NO MORNING, AFTERNOON or EVENING OF RACE REGISTRATION.** Fee: \$25.00. (Includes race, t-shirt, beverages, great barbeque, and entertainment.) KTC members eligible for \$3.00 discount.

T-SHIRTS First Quality 100% cotton. This race does not have a no t-shirt option.

AWARDS To the top three overall, first masters (40+), first grandmasters (50+), & first veterans (60+) male and female. Other awards 3 deep: MALE & FEMALE: -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+.

Clydesdale Division (200 lbs.+, male, 150 lbs.+, female) First place awards. Overall winners not eligible for age division awards. Awards must be picked up by winners. They will not be mailed.

POST RACE CELEBRATION Great barbeque and the fixins, bluegrass music, delicious beverages plus the glory of fireflies, bullfrogs, and the sweet smells of your fellow runners. **Bring a blanket and or lawn chairs and stay awhile!** See entry form below for extra ticket information.

RESULTS Complete results will be posted on KTC's website, www.ktc.org.

INFORMATION Contact Race Director Ray Wilson, Jr. at 865-789-1594 or rdwvwl@hotmail.com.

SPONSORS Threds, Cherokee Distributing, All Kreatures, Cork & Bottle, Lenox Financial Mortgage, and Athletes Choice Massage.

OFFICIAL 2009 SUMMER SOLSTICE 8K ENTRY FORM

Race Number

for office use only

Address _____

Name: Last _____

City _____ State _____ Zip _____

First _____

Phone (____) _____ - _____ E-Mail address _____

Sex male female



Extra adult meal/beverage tickets: ____ (number) @ \$10.00 each = \$ _____

Age (as of 6/20/09) ____

Extra kid's tickets (12 & under): ____ (number) @ \$5.00 each = \$ _____

Birthdate m ____ d ____ y ____

Total = \$ _____

Clydesdale/Athena Division (circle one)
200 lbs.+ male 150 lbs.+ female

KTC will disqualify anyone who is abusive to volunteers or who exhibits discourteous behavior! Unable to drink responsibly or in moderation? Don't come! Like to help at a future KTC race, please check here. ____

KTC Member \$3.00 Discount ____

5 KTC Discount Coupons Accepted.

T-shirt (circle one) S M L XL

This race does not have a 'no-t shirt' option.

Fill out completely and mail with entry fee (payable to KTC) to:

Lindsey Sellmer/Summer Solstice 8K
4049 Taliluna Ave.

Knoxville, TN 37919

(No Refunds)

Athlete's Signature _____

Date _____

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 Summer Solstice 8-K ROADRACE 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, Cherokee Distributing, Lenox Financial Mortgage, All Kreatures, Cork & bottle, and Athletes Choice Massage 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.