



The Knoxville Track Club Proudly Presents the 17th Annual BIG SOUTH FORK 17.5 MILE TRAIL RACE



COURSE CLOSSES AFTER 5 hours

Date, Time, & Place: Saturday, September 25, 2010, at 8:30 am (Eastern Daylight Time). Starts and finishes at the Bandy Creek Campground in the Big South Fork National River and Recreation Area.

Directions and Lodging: From Knoxville, take I-75 north to Oneida, Exit 141 (40 minutes) and follow the signs to Big South National River and Recreation Area. Proceed to the Bandy Creek Campground. Camping space is available at the Bandy Creek Campground. Reservations can be made through the NPS reservation service (www.nps.gov) at 1.800.365.CAMP. Go to www.ktc.org for more details.

Course Description and Highlights: This 17.5 Mile out-and-back, loop course starts and ends at the John Litton General Slavens Trailhead. The first 1.5 miles is paved and gravel, with the balance being a single track trail. After a short paved section to exit the campground, runners will follow the gravel road out of the campground area. After about 1 mile on the gravel, runners will enter the trail and descend through the John Litton Farm to the Litton/Slavens trail. Taking a left there, they continue 2.5 miles to the Grand Gap Loop. Taking a right there, they follow the 6.8 mile Grand Gap Loop, and then return the entire 5.1 miles to the trailhead via the Litton/Slavens trail. Aid stations at (roughly) 3.5, 8.5, 12, and 14 miles. Course closes in 5 hours.

Registration & Entry Fee: All runners MUST pre-register and postmark entry forms no later than Monday, September 20, 2010. Fee: \$40. KTC Members eligible for \$5 discount. Fee without sweatshirt is \$30. Additional picnic lunches are \$8.00 each. KTC coupons can be used in lieu of fee. Online registration available through www.ktc.org or by going to www.active.com and searching for Big South Fork 17.5 Mile Trail Run. There is NO LATE OR RACE DAY REGISTRATION.

Sweatshirts: Each runner will receive a limited edition long-sleeve BSF Trail Race sweatshirt unless they choose the "No Sweatshirt Option."

Awards: Awards to top 3 Overall, top Masters (40+), Grandmasters (50+), Veterans (60+) for Male and Female. Awards to the top Clydesdale (male, 200 lbs+) and Athena (female, 150 lbs+). Overall winners not eligible for age division awards (three deep). Age divisions grouped in 5-year increments starting with 14-19.

Post Race Celebration: All runners are invited to a family picnic in the staging area held immediately after the race.

Results: Compete results will be available on the KTC Website at www.ktc.org.

Safety: The course will be well-monitored with water and aid stations; however, due to the unusual nature of this race (and trail racing in general) we strongly recommend that you: 1) Carry your own water with a fanny pack; 2) If sensitive to insect stings or bites then carry your own medication—yellow jackets have been a nuisance; and 3) Do some pre-race training off-road—there is no substitute for experience. And remember that this is a strenuous race and should only be run if you are properly trained. We want you to have a good time!

Information: Contact Race Director Bobby Glenn at 865.688.0715 or bgruns@comcast.net. For Big South Fork information, please call 931.879.3625.



OFFICIAL 2010 BIG SOUTH FORK 17.5 MILE TRAIL RUN

Race Number _____

Like to Volunteer at future KTC Events? Check here. _____

Name:

Last: _____

Address: _____

First: _____

City/State/Zip: _____

SEX Circle One: Male Female

Email address*: _____ Phone () _____ - _____

AGE (as of 9.25.10) _____

*Note: please provide valid email address for important pre-race instructions.

Birthdate (mo/day/yr) _____

In Case of Emergency, call _____ at _____

Clydesdale/Athena Division (circle one):

200 lbs + male 150lbs+female

Circle Sweatshirt Size:

S M L XL XXL

FEES:

_____ \$40 by 9.20.10—no late or race day reg.

_____ \$30—No Sweatshirt

_____ \$5 KTC Member Discount

_____ \$8 Extra Picnic Lunch Each

_____ Total (KTC Vol Coupons Accepted)

Please Fill out completely and mail to:

KTC/BSF Trail Race

1721 Bonita Drive, Knoxville, TN 37918

Make Checks Payable to: Knoxville Track Club

NO REFUNDS

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 BSF 17.5 Mile 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 THE KNOXVILLE TRACK CLUB, BSFNRRRA, Runners Market, 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.

Athlete's Signature

&If under 18, parent's signature

Date

We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers. **HEADPHONES ARE STRONGLY DISCOURAGED AT THIS RACE.**