



KNOXVILLE TRACK CLUB PROUDLY PRESENTS THE 19th ANNUAL CALHOUN'S 10 MILER



8:00 A.M., JANUARY 23, 2010

FIRST OF FOUR RACES IN KNOXVILLE TRACK CLUB'S 2010 HIGH MILEAGE WINTER SERIES
Calhoun's 10 Miler, Strawberry Plains Half Marathon, Whitestone 30K, Covenant Health Knoxville Marathon or Half Marathon - Run at least 3 and work 1 for Special Award Eligibility

Use of headsets/earphones is PROHIBITED. Wearing them will result in disqualification - NO EXCEPTIONS.

We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is rude to KTC volunteers!

DATE TIME PLACE Saturday morning, January 23, 2010, 8:00 am. Starts and finishes at Calhoun's Restaurant at the Marina in Lenoir City. **Directions:** From I-75, take the Lenoir City Exit (#81). Proceed through Lenoir City on Highway #321. After crossing Highway #11, turn ~.3 miles to the right at the Lenoir City Park sign. Follow the signs to the Overlook and Marina/Restaurant.. If you go over the dam, you've gone too far.

COURSE DESCRIPTION Course certified by USATF #TN95004RH. A lovely, challenging, scenic out and back looping course that runs on rural, back country roads with infamous cemetery hill to keep you an honest runner. Course is open to traffic!

REGISTRATION AND FEES All preregistered runners kindly postmark entry forms no later than Friday, January 15, 2010. Fee: \$20.00 January 16 to race day, fee is \$25. Day of race registration at Calhoun's from 6:45 - 7:30. KTC Pre-registered runners eligible for a \$5.00 discount off entry fee. No discount for late registration or race day registration. Four Volunteer Coupons in lieu of race fee for pre-registration or five volunteer coupons accepted on race day. Spouse or friend like to share the continental breakfast? Add \$5.00 each.

T-SHIRTS First Quality 100% cotton, long-sleeved. Pre-registered runners receive shirts on race day. Race day registrants receive shirts as supplies last or at later date. **\$5.00 discount with no shirt option.**

AWARDS To the top three overall, first masters (40+), first grandmasters (50+), & first veterans (60+) male and female. Other awards 3 deep in the following age divisions. **Clydesdale Division** (200 lbs. male, 150 lbs. female) First, second and third place awards.

MALE & FEMALE: No runners under 14; 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80+.

Overall winners not eligible for age division awards. Awards must be picked up by winners. They will not be mailed.

POST RACE CELEBRATION A great post race continental breakfast provided by Calhoun's.

RESULTS Overall and complete results are available on the KTC web page: www.ktc.org.

INFORMATION Contact Race Director Susan Rutherford at 865.617.1778 or susanr7871@yahoo.com.

Course Closes - 2hrs/15min
Please train accordingly.

OFFICIAL 2010 CALHOUN'S TEN MILER ENTRY FORM

Race Number
Name
Last
First

Address
City State Zip
Phone (____) _____-_____
E-mail Address

Sex: Circle one male female

In case of emergency, call at phone

Age (as of January 23, 2010) _____
Birthdate (month)____ (day)____ (yr)____

Team Competition: Name of Team

Clydesdale/Athena Weight Div:
200 lbs. male____ 150 lbs. female____

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

Circle T-Shirt Size: S M L XL

Additional Continental Breakfast tickets? \$5.00 x _____ = \$ _____
" KTC Volunteerism at its finest: Run Three Races, Work One"

No Shirt Option, please check

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 CALHOUNS 10 MILE 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, CALHOUNS RESTAURANT, 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.

KTC MEMBER \$5.00 Pre. regist. Discount
4 KTC Vol. Discount Coupons ACCEPTED

Fill Out Completely and Mail with Entry Feeto:
Calhoun's 10 Miler, c/o KTC
4049 Taliluna Drive
Knoxville, TN 37919

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

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