



The Knoxville Track Club and the City of Knoxville Proudly Present

CROSSKNOX 10 MILER AND 5K WALK

10-10-10 at 2 pm



Date, Time, & Place: Sunday, October 10, 2010 at 2 pm beginning at Morningside Park at the Alex Haley Statue.

Course Description and Highlights: Course is USATF certified. The 10 Miler is a point to point race run almost entirely on Knoxville's greenways. The 5K Walk begins at the Alex Haley Statue and goes to World's Fair Park with only one street crossing. The 5K Walk will not be timed.

Registration & Entry Fee for both races: Early--\$25 by Friday, October 1, 2010. All mail-in entries must be post-marked by October 1. Late and Race Day Registration--\$30. Race day registration fee is \$30 from 12:30 to 1:45 pm on Sunday, October 10. No t-shirt option--deduct \$5. KTC Discount is \$5 through early registration only. No KTC Membership discount during late or race day registration. \$20 for the 5K Walk through race day. Optional Packet Pick-up and Registration at Tyson Park on Friday, October 8, from 5 pm to 7 pm. Online Registration available by visiting www.ktc.org or by going to www.active.com and search for CrossKnox 10 Miler. NO REFUNDS OR TRANSFERS.

Training Program: The KTC is proud to present a free training program for this event. The program will start mid-August and participants will meet weekly on Saturdays at 8 am to run or walk various distances and sections of the race route.

T-shirts: Long-sleeved shirts. Women's sizes available. Pre-registered runners will receive shirts at packet pick-up or on race day. Late registrants as supplies last or at a later date.

Parking: Participants and volunteers will need to park at the Regency Business Plaza on Hill Avenue (one block from race start).

Transportation Back to Morningside Park: Buses will transport runners from Bearden Elementary and walkers from World's Fair Park to Morningside Park from 3 pm to 5:30 pm.

Awards and Door Prizes: 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). Awards must be picked up on race day. Awards will not be mailed. All participants will be eligible for door prizes.

Team Competition: This race is on the Grand Prix Team Competition schedule. Please visit www.ktc.org for details. Teams must pre-register.

Grand Prix Points: 2010 Grand Prix Points awarded. Remember, to be eligible for Grand Prix awards, you must be a member of the KTC and you must volunteer for at least 3 events.

Refreshments: Refreshments provided for participants only after the run/walk.

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

Family and Friends Viewing Areas: Ned McWherter Park, Volunteer Landing, Tyson Park, EarthFare, and the finish line near Bearden Elementary school.

Race Etiquette: Due to insurance regulations, roller blades, strollers, bicycles, and dogs are not allowed on the course.

Warnings: The greenways cross traffic at a few points along the course-although course monitors will be escorting runners and walkers at those points, keep an eye out for traffic. Also, wooden decking along the greenways can become slick from rain or dew, so proceed carefully in these areas.

Information: Contact Race Director Mike Wortley at 865-386-7283 or via email at mwortley78@gmail.com.

COURSE CLOSSES AFTER 2 hours, 30 minutes

OFFICIAL 2010 CROSSKNOX 10 MILER AND 5K WALK ENTRY FORM

Race Number _____

10 Miler _____ 5K Walk _____ Wheelchair _____

I am participating in my first race. Check here. _____

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

Name: _____

Address: _____

Last: _____

City/State/Zip: _____

First: _____

SEX Circle One: Male Female

Email address*: _____ Phone () _____ - _____

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

AGE (as of 10.10.10) _____

In Case of Emergency, call _____ at _____

Birthdate (mo/day/yr) _____

Clydesdale/Athena Division (circle one):

200 lbs + male 150lbs+female

Circle T-shirt Size:

S M L XL XXL

WS WM WL WXL WXXL

FEES:

- \$25/Early (thru 10.1.10)
\$30/Late and Race Day (NO KTC Discount)
\$20 5K Walk Only (through race day)
\$5 KTC Member Discount (early reg. only)
Deduct \$5--No-T-shirt Option
Total (KTC Vol Coupons Accepted)

Teams ONLY --Team Name:
Open: Women: Corporate:
Team Captain:

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 CrossKnox 10 Miler and 5K Walk 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, City of Knoxville, Mercy Health Partners, 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.

Please Fill out completely and mail to:

KTC/CrossKnox 10 Miler

4049 Taliluna Drive, Knoxville, TN 37919

Make Checks Payable to: Knoxville Track Club

NO REFUNDS

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 discouraged but you will not be disqualified.