



The Knoxville Track Club Proudly Presents the 33rd Annual  
**TENNESSEE SPORTS MEDICINE EXPO 10K  
 AND 5K RUN/WALK**



2nd Race in the KTC Triple Crown Series  
 Run at least 3 and work 1 for Special Award Eligibility

**Date, Time, & Place:** Saturday, May 29, 2010 at 8:00 am. Starts and finishes at the Civic Coliseum on Church Avenue.

**Expected Participation:** 600 in the 10K; 500 in the 5K.

**Course Description and Highlights:** Courses certified: 10K—USATF #TN09027MS; 5K—USATF #TN09028MS.

**Registration & Entry Fee:** Early Registration—\$20 for both races through May 15, 2010. Late and Race Day Registration—\$25. Limited Race Day Registration. KTC Members eligible for \$5 discount during pre-registration only. No T-shirt—deduct \$5.

**MANDATORY Friday Packet Pickup:** You must pick-up your race packet on Friday, May 28 from 11 am to 6 pm at Runners Market at Western Plaza. You may also pick-up for friends and family at that time. If you cannot make the Friday pick-up then you will need to contact us to make arrangements for Saturday pickup.

**T-shirts:** 1st quality, COOLMAX, short-sleeved. Women specific sizes for female participants. Pre-registered runners will receive shirts on Friday at packet pickup. Late registrants as supplies last or at a later date.

**Awards:** Award ceremony to be held after the race on the plaza at the Civic Coliseum. Awards to the top 3 overall male and female. Awards to the top 2 Masters (40+), Grandmasters (50+), and Veterans (60+) Male and Female. Awards to the top Clydesdale and Athena. Age division awards are three deep. Age divisions begin with 14 and under, then 5 year increments. Overall winners are not eligible for age division awards.

**Prize Money:** Open Male and Female Only. 1st—\$300, 2nd—\$250, 3rd—\$200. Masters, Grandmasters, and Veterans Male and Female—1st—\$150 & 2nd—\$100. Wheelchair Male and Female—1st—\$150, 2nd—\$100. All checks will be mailed. Only one money award per runner—no double-dipping.

**Team Competition:** Only teams participating in the 10K receive Grand Prix Team Competition points. Specialty team competition for this race only! See details below. *ALL teams MUST pre-register at least 4 days before the race!* You cannot make changes to any teams on race day.

**Grand Prix Points:** 2010 Grand Prix Points awarded. Remember, you must volunteer for at least 3 races to be eligible for awards and you must be a KTC Member.

**Refreshments:** An assortment of food and drink will be provided post-race.

**Results:** Complete results will be available on the KTC Website at [www.ktc.org](http://www.ktc.org).

**Race Etiquette:** Due to insurance regulations; roller blades, strollers, bicycles, and dogs are not allowed on the courses. Headphones are strongly discouraged but you will not be disqualified.

**Information:** Contact Race Director Kristy Altman at 1-888-217-5635 or [knoxvilletrackclub@gmail.com](mailto:knoxvilletrackclub@gmail.com).

**OFFICIAL 2010 TN SPORTS MEDICINE EXPO 10K AND 5K ENTRY FORM**

**Race Number** \_\_\_\_\_ **10K** \_\_\_\_\_ **5K** \_\_\_\_\_ Wheelchair \_\_\_\_\_ (hand-crank /push-rim)

**Name:** \_\_\_\_\_ **I have run this race every year. Check here.** \_\_\_\_\_

**Last:** \_\_\_\_\_ **Address:** \_\_\_\_\_

**First:** \_\_\_\_\_ **City/State/Zip:** \_\_\_\_\_

**SEX** Circle One: Male Female

**AGE** (as of 5.29.10) \_\_\_\_\_ **Phone** (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ **Email address:** \_\_\_\_\_

**Birthdate** (mo/day/yr) \_\_\_\_\_ **In Case of Emergency, call** \_\_\_\_\_ **at** \_\_\_\_\_

*I would like to volunteer at KTC events:* \_\_\_\_\_

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

**Circle T-shirt Size:**

Women—S M L XL

Men—S M L XL XXL

**Teams Only—Team Name:** \_\_\_\_\_

**Team Captain:** \_\_\_\_\_

**Note—Grand Prix Team Competition in 10K only!**

**Specialty Teams (choose only one):**

Mother/Son \_\_\_ Mother/Daughter \_\_\_ Husband/Wife \_\_\_

Father/Son \_\_\_ Father/Daughter \_\_\_ Three Generations \_\_\_

**Name of Partner:** \_\_\_\_\_

**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 TN Sports Medicine EXPO 10K and 5K 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, CIVIC COLISEUM, CITY OF KNOXVILLE, 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.*

**FEES (Please check all that apply):**

\_\_\_\_\_ \$20/Early (thru 5.15.10)

\_\_\_\_\_ \$25/Late and Race Day

\_\_\_\_\_ Deduct \$5—KTC Member Discount

\_\_\_\_\_ Deduct \$5—NO T-SHIRT

\_\_\_\_\_ Total (KTC Vol Coupons Accepted)

**Please Fill out completely and mail to:**

*KTC/TN Sports Medicine EXPO*

*4049 Taliluna Avenue, Knoxville, TN 37919*

**Make Checks Payable to: Knoxville Track Club**

**NO REFUNDS**