

The Knoxville Track Club's Treadin' Trodden Trails 2010 Offroad Running Series proudly presents

# FORKS OF THE RIVER TRAIL RACE

**DATE TIME PLACE:** Sunday morning, **April 18, 2010. 9:00 am. EDT.** Starts/finishes at Ijams Nature Center in South Knoxville.

**COURSE DESCRIPTION:** This roughly six mile course begins in the parking lot of Ijams, then winds out through the mulched paths of the Nature Center, down along the boardwalk over the Tennessee River, then out onto TWRA land east of Ijams. The course is a combination of singletrack trails and fieldside pathways.

**DIRECTIONS: From Downtown Knoxville via Henley Street:** Take the Henley street bridge south to Baptist Hospital. Turn left onto Blount Avenue. Bear right onto Sevier Avenue. Follow Sevier Avenue. After passing through two traffic lights turn left onto Island Home Avenue. Follow Island Home Avenue, which turns right by the entrance to Island Home Park. Follow green directional signs to Ijams. **From Interstate 40W:** Take James White Pkwy Exit (388A) Continue on two left lanes down James White Parkway Cross over the TN River and take the Sevier Ave./Hillwood Dr. exit Turn Left onto Sevier Ave. (turns into Hillwood Dr.) Turn Right onto Island Home Ave. (at bottom of hill) Ijams is approximately 1 mile on the Left. **From Interstate 40E:** Take Hall of Fame Dr. exit (389) and turn Left (South) onto Hall of Fame Dr. Turn Left on Hill Ave. (8th stop light) Turn Right onto 71S (James White Pkwy.) Merge Left onto James White Pkwy. Cross over the TN River and take the Sevier Ave./Hillwood Dr. exit Turn Left onto Sevier Ave. (turns into Hillwood Dr.) Turn Right onto Island Home Ave. (at bottom of hill) Ijams is approximately 1 mile on the Left

**REGISTRATION AND FEES:** Fee: \$10.00. Yup, you heard me: ten bucks. Five bucks for students 14 and younger. Two KTC volunteer coupons will waive fee. On line registration available at [www.ktc.org](http://www.ktc.org).

**T-SHIRTS:** Special limited edition T-shirts will be printed for the series.

**RACE NUMBER PICKUP:** Numbers will not be mailed. Pick up packet at race site 30-90 minutes before the start.

**REWARDS:** The eminent satisfaction of completing a challenging run, testing oneself against the elements and participating in a delightful romp among the woods, waters and fields of East Tennessee.

**SPECIAL SERIES AWARDS:** Points will be awarded for overall finish (and volunteerism) at each of the TTT Series races. Top point earners at the end of the series (10 each male / female and < 40 / 40+) will receive TTT Series awards. Participation (racing or volunteering) in four of the races is required for consideration for series awards. Overall top male and female and top male and female masters qualify for free entry to Big South Fork Trail Race and hotel accommodations for that race.

**RESULTS:** Results will be available on the Knoxville Track Club website: [www.ktc.org](http://www.ktc.org)

**COURSE ETIQUETTE:** We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers. Due to insurance regulations, no headsets, earphones, bicycles, baby strollers, roller blades or pets on the course.

**SAFETY:** The course will be monitored with water and aid stations; however, due to the unusual nature of this race (and trail racing generally) we strongly recommend that you : (1) Carry your own water with a fanny pack, (2) If sensitive to insect stings or bites, carry your own medication, and (3) Do some pre-race training offroad, as there is no substitute for experience. We want you to have a good time.

**INFO FOR RUNNING OR VOLUNTEERING:** Contact race director Nicole Howe 865.804.2963 or [howe3201@charter.net](mailto:howe3201@charter.net). More info 865.588.1650

## OFFICIAL 2010 FORKS OF THE RIVER TRAIL RACE ENTRY FORM

Race Number

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Name

Last \_\_\_\_\_

Phone ( ) \_\_\_\_\_ - \_\_\_\_\_ E-Mail Address \_\_\_\_\_

First \_\_\_\_\_

**In case of emergency, call \_\_\_\_\_  
at Phone ( ) \_\_\_\_\_ - \_\_\_\_\_**

Sex Circle One male female

Year of Birth \_\_\_\_\_

Birthdate Mo. \_\_\_\_ Day \_\_\_\_ Yr \_\_\_\_

T-shirt Size (circle one)

S M L XL

**We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers!**

### 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 Forks of the River 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 KNOXVILLE TRACK CLUB, RUNNERS MARKET, BLUE RIDGE MOUNTAIN SPORTS, NATIONAL HEALTH CARE, ASICS, IJAMS NATURE CENTER, AND KNOX COUNTY, 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.

Fill Out Completely and Mail with Entry Fee to:

Michael deLisle, Forks of the River Race  
4443 Kingston Pike, Knoxville TN 37919

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

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
& if under 18, parent's signature

\_\_\_\_\_  
Date