



The Knoxville Track Club and  
The Knoxville Greenways Coalition  
Proudly Present

# GREENWAYS 5K & 2 MILE WALK/DOG JOG



**Date, Time, & Place:** Saturday, April 3 at 9 am. Registration, race start, and post-race activities at West High School on Tobler Lane in the Bearden/Sequoyah Hills area. Please have pets on leashes for the Dog Jog.

**Course Description and Highlights:** Course certified: USATF #TNO8085MS. The 5K course is an out and back scenic route eastward from West High School along Third Creek Greenway with a loop turnaround going on Painter Avenue to Concord and back along the greenway. The 2 Mile Walk and Dog Jog route goes westward from West High School along Third Creek Greenway to Forest Heights Road then returning along the greenway.

**Expected Participation/Course Records:** 200 Runners. Overall Men: Scott Crouter 15:11 (2004); Overall Female: Jasmine Keller 16:34 (2002)

**Registration & Entry Fee:** Early—\$20 or the 5K through March 26, 2010. KTC and Knoxville Greenways Coalition Members eligible for \$5 discount on entry fee during pre-registration only. Late and Race Day Registration—\$25 for the 5K. 2 Mile Walk/Dog Jog entry fee is \$15 through race day. No discount applies on late or race day registration. No T-shirt option—deduct \$5.

**T-shirts:** 1st quality, cotton, short-sleeved. Pre-registered runners will receive shirts on race day. Late registrants as supplies last or at a later date.

**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+). Age Divisions: 14 and Under, 15–19, 20–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50–54, 55–59, 60–64, 65–69, 70–74, 75–79, 80–84, 85+. Overall winners not eligible for age division awards (three deep). Awards must be picked up on race morning or at Runners Market at Western Plaza on Monday, April 5, 2010. Awards will not be mailed.

**Grand Prix Points:** 2010 Grand Prix Points awarded only to 5K participants.

**Refreshments:** An assortment of food and drinks will be served following the race.

**Results:** Compete 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 5K course. Headphones are strongly discouraged for this race on the 5K course.

**Sponsors:** Special thanks to all of our sponsors including Runners Market, River Sports, Blue Ridge Mountain Sports, City of Knoxville, Barge Waggoner Sumner Cannon Construction, Knoxville Dermatology Group, Rohm and Haas and Finbarr Saunders.

**Information:** Contact Race Director Ron McElhaney at 865.777.0409 or 865.307.1765 or via email at [ron122343@netzero.net](mailto:ron122343@netzero.net) or Donna Terzak at 865.531.3839 or via email at [penguin7@prodigy.net](mailto:penguin7@prodigy.net).

## OFFICIAL 2010 GREENWAYS 5K & 2 MILE WALK AND DOG JOG ENTRY FORM

Race Number \_\_\_\_\_

Like to Volunteer at future KTC Events? Check here. \_\_\_\_\_

Name: \_\_\_\_\_

Like to Volunteer for Knoxville Greenways Events? Check here. \_\_\_\_\_

Last: \_\_\_\_\_

Address: \_\_\_\_\_

First: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

SEX Circle One: Male Female

AGE (as of 4.3.10) \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_ - \_\_\_\_ Email address: \_\_\_\_\_

Birthdate (mo/day/yr) \_\_\_\_\_

In Case of Emergency, call \_\_\_\_\_ at \_\_\_\_\_

Clydesdale/Athena Division (circle one):

200 lbs + male                      150lbs+female

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

KTC/Greenways 5K

4049 Taliluna Drive, Knoxville, TN 37919

Make checks payable to: Knoxville Track Club

Circle T-shirt Size:

S M L XL XXL

### ATHLETE'S RELEASE: PLEASE READ, TO RUN THE RACE, YOU MUST SIGN AND DATE IT.

#### FEES:

\_\_\_\_\_ \$15 2 Mile Walk/Dog Jog

\_\_\_\_\_ \$20/Early (thru 3.26.10)

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

\_\_\_\_\_ Deduct \$5—KTC or Knoxville Greenways

Coalition Member Discount

\_\_\_\_\_ Deduct \$5—NO T-SHIRT

\_\_\_\_\_ Donation to Knoxville Greenways Coalition

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

**NO REFUNDS**

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the Greenways 5K & 2 Mile Dog Jog 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, The Knoxville Greenways Coalition, and the 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.