

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

# HAW RIDGE TRAIL RACE

**DATE TIME PLACE:** Friday evening, **August 6, 2010. 5:30 pm. EDT.** Starts/finishes at Haw Ridge Park between Knoxville and Oak Ridge.  
**COURSE DESCRIPTION:** This roughly seven mile loop course begins with 1/3 mile of pavement, then climbs the Saddle Trail over the ridge, coming down the far side and merging right onto Middle Road Trail. The trail will take a brisk loop on Twister followed by jaunts on Red Shore, Red Hill and the South and East Shore trails (among others) before working its way back to Power Line and reentering the woods onto Middle. A short but tough climb up Low Gap will crest the ridge and eventually lead runners out of the woods and back onto the pavement for the final third of a mile to the finish line where they collapse in paroxysms of pain, delight, and oxygen deprivation. A fiesta will follow in an attempt at assuagement. Unlike in past years, beverages will NOT be provided but ample food will be on hand, along with water and Gatorade.

**DIRECTIONS:** From Knoxville, take Pellissippi Parkway to Edgemoor Drive and bear east for a mile and a quarter, turning onto Old Edgemoor Drive and following it 3/4 mile to the Life Development Center and park in the grassy field on the left near the registration table.

**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). Participants are encouraged to donate to Friends of Haw Ridge at registration.

**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.

**INDIVIDUAL RACE AWARDS:** Awards will vary from race to race.

**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 encouraged 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 Michael deLisle 865.588.1650 or [mdelisle@comcast.net](mailto:mdelisle@comcast.net)

## OFFICIAL 2010 HAW RIDGE 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

Age (as of 12-31-10) \_\_\_\_\_

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 Haw Ridge 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, AND THE CITY OF OAK RIDGE, 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, Haw Ridge Trail 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