

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



I.C. King Of Trails Race



Race limited to 100 runners * Age & Gender Handicapped

DATE TIME PLACE: Sunday morning, **June 13, 2010. 9:00 am.** Starts/finishes at I.C King Park on Alcoa Highway in Knoxville.

COURSE DESCRIPTION: This roughly 7-8 mile course starts and finishes in the south (usually gated) parking lot of I.C. King Park. The first hill comes immediately after the start and climbs counter-clockwise. The second hill is circumvented on the north, while the third is climbed from the south. Upon crossing the wooden bridge to the northern half of the park, the course levels out somewhat, with only numerous rollers occurring in its circuitous passage. The course eventually returns along the lakeside and crosses the bridge again, with a major hill coming back before a rather level and enjoyable final stretch along and above the lake. One water stop will be provided just past halfway.

DIRECTIONS: Located off Alcoa Highway (US 129) south of Knoxville between John Sevier Highway and Maloney Road, this 190-acre county Park lies on the shores of the Tennessee River. Park at the south entrance to the Park that is usually gated shut. The road will be open.

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. Online registration available at 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 and hotel accomodationsto either the Big South Fork Trail Race in September or the Treadin' Trodden Trails 50k in October.

RESULTS: Results will be available on the Knoxville Track Club website: 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: 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 Jack Kilislian at 865-679-7867 or hagop@utk.edu. More info 865.588.1650

OFFICIAL 2010 I.C. KING OF TRAILS 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 I.C. King 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, THE CITY OF KNOXVILLE, 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, I.C. King 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