



The Knoxville Track Club Proudly Presents the 21st Annual

MILL HOUSE CLASSIC 15K



HEADPHONES ARE PROHIBITED AT THIS EVENT.

Anyone wearing headphones will be disqualified and will not receive a time or be listed in the results.

Date, Time, & Place: Sunday, November, 7, 2010 at 7:00 am. Starts and finishes at the Mill House Restaurant on Walland Highway (Little River Road) in Walland.

Directions: From Knoxville—drive south on Alcoa Highway. Beyond the airport, the road forks, keep the left on Hwy #321 toward Maryville and the Great Smoky Mountains. This road also becomes Hwy #73 on the far side of Maryville. Proceed 7.2 miles beyond Blount Memorial Hospital. Turn left at ‘Pure Pleasure’ then across the Little River, turn left again. The Mill House Restaurant will be on your right.

Course Description and Highlights: USATF Certified #TNO7040MS. A lovely, scenic out and back course that runs on rural, backcountry roads along the Little River and through adjacent farm land. First 2.5 miles are flat, rolling between 2.5 and 7, flat once again between mile 7 and finish. Water stations at 2.8 and 6.5 miles. **Course closes after 2 hours.**

Course Record: Male: Andy Baksa: 46:44 (2008); Female: Patrice Carroll 56:05 (2001).

Registration & Entry Fee: Registration Fee—\$25 through Wednesday, Nov. 3, 2010. **NO LATE OR RACE DAY REGISTRATION.** KTC Members eligible for \$5 discount. KTC Volunteer coupons accepted in lieu of entry fee. There is NO shirt offered at this event.

Awards: *New this year!* Awards will be based on an age graded which means that results will be produced by adjusting runner’s time based on age and gender. More information on results and award divisions will be sent in the pre-race instruction email.

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.

Post Race Celebration: Awards ceremony and a great Belgian waffle breakfast, prepared by the Mill House Restaurant. Extra meal tickets for spectators available at \$15 each. See entry below for extra meal ticket information.

Results: Complete results will be available on the KTC Website at www.ktc.org.

Race Etiquette: Due to insurance regulations; roller blades, strollers, bicycles, and dogs are not allowed on the courses. Headphones are prohibited at this event. Wearing them will result in disqualification and you will not be listed in the results.

Information: Contact Race Director Nicole Howe at 865-804-2963 or via email at howe3201@charter.net.

Courses closes after 2 hours

OFFICIAL 2010 MILL HOUSE 15K ENTRY FORM

Race Number _____

I would like to volunteer at future KTC events. Check here. _____

Name:

Address: _____

Last: _____

First: _____

City/State/Zip: _____

SEX Circle One: Male Female

Email address*: _____ **Phone** (____) ____ - _____

AGE (as of 11.7.10) _____

**Note: Please supply a valid email address for important pre-race instructions.*

Birthdate (mo/day/yr) _____

In Case of Emergency, call _____ at _____

Clydesdale/Athena Division (circle one):

200 lbs + male 150lbs+female

Extra Meal Tickets—\$15 each
_____ (number of tickets) x \$15 = _____ (Total)

FEES (Please check all that apply):

_____ \$25—Through 11.3.10

Note: NO Late or Race Day Registration available

_____ Deduct \$5—KTC Member Discount

_____ Total (KTC Vol Coupons Accepted)

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 Mill House 15K 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, City of Walland, the Mill House Restaurant, 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.

Please Fill out completely and mail to:

KTC/Mill House 15K

4049 Taliluna Drive, Knoxville, TN 37919

**Make Checks Payable to: Knoxville Track Club
NO REFUNDS**

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 PROHIBITED at this event.***