



KNOXVILLE TRACK CLUB PROUDLY PRESENTS NEW YEAR'S DAY 5K RUN/WALK



Awarding the top 100 women/men!

DATE TIME PLACE Friday morning, **January 1, 2010, 9:30 am.** Starts and Finishes on Neyland Drive adjacent to Volunteer Landing. Staging area is Calhoun's Restaurant on the River.

In case of cancellation due to either ice or sleet call the KTC Hotline at 888.217.5635.

COURSE DESCRIPTION Out and back on Neyland Dr; Knoxville's flattest and fastest 5K. USATF Certified #TN95005 RH.

REGISTRATION Runners may preregister or sign up the morning of the race from 8:00 until 9:00 a.m. at Calhoun's Restaurant. Preregistration fee (postmarked by Friday, December 18, 2009). \$20.00. Late registration \$25.00. KTC Pre-registered entrants eligible for a \$3.00 discount off entry fee. No discount on raceday morning. KTC Volunteer Coupons accepted in lieu of race fee (four coupons for preregistered, five coupons for late registrants).

T-SHIRTS First quality, 100 % cotton, long-sleeved. **Deduct \$5.00 from entry fee if you do not want a shirt.**

SCHOOL/YOUTH ORGANIZATION DISCOUNT All schools and youth organizations are eligible for the KTC Discount of \$3.00 per athlete, provided they have a minimum of 10 registrants and mail in their entries together. Applies to preregistered athletes only.

AWARDS & POST RACE CELEBRATION A great post-race continental breakfast served by Calhoun's. Ceremony following the race. Awards to the top male and female and to the youngest and oldest male and female. Also commemorative awards to the top 100 males/ females crossing the finish line. Festive **GRAND PRIZE DRAWINGS** open to all entrants. This race is on the KTC Grand Prix 2010 Series schedule with appropriate points awarded to typical overall and age division, clydesdale, and athena division winners. Only points are awarded on race day; awards are not given in these categories.

TEAM COMPETITION Corporate Division only; top four score, awards four deep. Teams must pre-register. Membership in KTC not required; no additional costs other than individual entry fees.

RESULTS Complete results will be posted on the KTC web page at www.ktc.org.

RACE ETIQUETTE Due to insurance regulations, roller blades, strollers, bicycles, and dogs will not be allowed on the course. Use of earphones, headsets is discouraged.

INFORMATION Contact Race Director Eddie Reymond at 693-4909 or AirVol@aol.com.

OFFICIAL JANUARY 1, 2010 CALHOUN'S NEW YEAR'S DAY 5K ENTRY FORM

Race Number

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

Name _____
Last _____

Address _____

First _____

City _____ State _____ Zip _____

Phone (____) _____-_____

Sex Circle one: male female

E-mail Address _____

Age (as of 1-01-2010) _____

TEAM COMPETITION: Corporate _____ TEAM NAME _____

Date of Birth month ____ day ____ yr ____

In case of emergency, call _____ at phone _____

Clydesdale/Athena Div.

200+ lbs. male ____ 150+ lbs. female ____

Like to volunteer at some future KTC race, please check here ____

T-shirt size (circle one) S M L XL

" KTC Volunteerism at its finest: Run Three Races, Work One"

No shirt option, please check here

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 New Year's Day 5K 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, Calhoun's Restaurant, Health Shoppe, any and all members thereof, and all further sponsors, their representatives, successors, from all claims of 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.

KTC Member \$3.00 Pre-reg. discount

4 KTC Vol. Discount Coupons

Fill Out Completely and Mail with Entry Fee to:

Jerry Schohl/Calhoun's New Year's Day 5K
1721 Bonita Drive
Knoxville, TN 37918

Make checks payable to:

The Knoxville Track Club (No refunds)

Athlete's Signature

& if under 18, parent's signature

Date