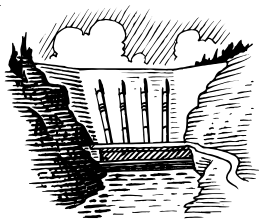


The Knoxville Track Club's Treadin' Trodden Trails 2010 Offroad Running Series proudly presents



Norris Dam Hard Trail Race

DATE TIME PLACE: Sunday morning, **September 5, 2010. 7:00 am.** Starts/finishes at Norris Dam State Park off US 441 in Norris, TN.

COURSE DESCRIPTION: 25k and 50k course will take place on the beautiful trails of east Tennessee in the Norris Dam State Park and the City of Norris watershed. Combination of single track trails 70% and 4 wheel drive roads. Aid stations every 5 miles. 50k has 5200 ft of climb. Camping and cabins are available within walking distance...and will go fast!...of

the start at Norris Dam State Park. 50k has 8 hour time limit. You WILL have fun!

DIRECTIONS: From Knoxville: Take I-75 north to exit 122. Turn right off exit towards Norris. From the top of the exit ramp, go 1.4 miles, then turn left on Hwy 441/Norris Freeway. Go about 4.8 miles, then when you approach the dam, turn right at the Norris State Park cabin/campground. Go up the hill about a quarter of a mile to the 2nd pavilion on your right.

REGISTRATION AND FEES: Fee: \$15.00 for 25k, \$30.00 for 50k. This is really cheap for races of this length. Three KTC volunteer coupons will waive fee for 25k, six for 50k. On line 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 the Big South Fork Trail Race in September.

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: 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.

INFOFORRUNNINGORVOLUNTEERING: Contactrace director Kerry Trammell at 865-567-0377 or kerryt11@comcast.net. More info 865.588.1650

OFFICIAL 2010 NORRIS DAM HARD 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

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 Norris Dam Hard 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 NORRIS, TVA, NORRIS DAM STATE PARK, THE STATE OF TENNESSEE, ANDERSON 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 of 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, Norris Dam Hard 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