

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



Panther Creek Challenge



DATE TIME PLACE: Saturday morning, **July 17, 2010. 9:00 am.** Starts/finishes at Panther Creek State Park.

COURSE DESCRIPTION: This roughly ten mile course starts in the parking lot in the northwest corner of the park, overlooking the lake. After thinning the runners out on pavement, the course plunges down the Ridge Crest Trail toward the lakeshore and circles the peninsula counterclockwise. Leaving the water, it carves its way north and east, working its way toward the famed Maple Arch Trail that climbs tortuously around the northern part of the park. The course continues to wind up, down, and around, eventually reaching the Point Lookout Trail for a screaming downhill finish near the main road not far from the starting line.

DIRECTIONS: From Knoxville take Exit 394(Hwy 11E North) and travel 35 miles. Take a left onto Panther Creek Road (by the BP Station) and travel 2.5 miles. Park entrance is on the right. From North on I-81, take Exit 12 (Hwy 160). At the end of the ramp, take a right on Hwy 160 (North) to Hwy 11 E. Turn right on 11E. Look for the BP Station. Take a left on Panther Creek Road. Travel 2.5 miles and the park entrance is on the right.

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 Michael deLisle at mdelisle@comcast.net. More info 865.588.1650

OFFICIAL 2010 PANTHER CREEK CHALLENGE 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 Panther Creek Challenge 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, KNOX COUNTY, AND PANTHER CREEK STATE PARK of 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, Panther Creek Challenge
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