



The Knoxville Track Club Proudly Presents the 8th Annual
SUMMER SOLSTICE 8K CHALLENGE



June 19, 2010 at 6 pm
Race is capped at 180 entries.

All entries must be received by Tuesday, June 15.

Headphones are PROHIBITED at this event. Anyone wearing headphones will be disqualified and will NOT receive a time or be listed in results.

Date, Time, & Place: Saturday, June 19, 2010 at 6:00 pm. Starts and finishes at the Mill House Restaurant in Walland, TN.

Directions: From Knoxville, take Alcoa Highway South past the airport. When the road forks, stay left on HWY #321 toward Maryville and the Smokies. Continue on HWY 321 through Maryville. Proceed 7.2 miles beyond Blount Memorial Hospital. Look for 'Pure Pleasure' and turn left. Cross the Little River and turn left at the "T" intersection. The Mill House Restaurant is 1/2 mile on your right.

Course Description and Highlights: Course certified: USATF #TN03018RH. A hilly, challenging, out and back course that runs on rural, back-country paved roads. Memorable hills; definitely not a PR course. This is not a course for walkers. No whining. Bring a sweatband.

Registration & Entry Fee: Registration is capped at 180 entries. We must receive your entry NO later than Tuesday, June 15, 2010. **NO further registration—no morning, afternoon, or evening race registration.** Fee—\$30. KTC Members eligible for a \$5 discount. Online registration is available at www.ktc.org.

T-shirts: 1st quality, 100% cotton provided by Threds. This race does not have a no t-shirt option.

Awards: Awards to top 3 Overall Male and Female. Top Masters (40+), Grandmasters (50+), Veterans (60+) for Male and Female. Awards to the top Clydesdale (male, 200 lbs+) and Athena (female, 150 lbs+). Age Divisions will be in 10 year increments (five deep). Overall winners not eligible for age division awards.

Grand Prix Points: 2010 Grand Prix Points awarded at this race. Remember, to participate in the Grand Prix, runners must be a KTC Member and MUST volunteer at least 3 times in 2010.

Post Race Celebration: Great barbeque and bluegrass music along with delicious beverages. **Bring a blanket or lawn chair and enjoy the festivities.** You must bring a valid ID to receive beverages from the keg.

Results: Compete 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 course. Headphones are PROHIBITED at this race. Anyone wearing them will be disqualified and will not receive a time or be listed in the results.

Sponsors: Please thank Threds, Cork & Bottle, and Cherokee Distributing for sponsoring this event.

Information: Contact Race Director Ray Wilson, Jr. at 865-789-1594 or rdwvol@hotmail.com or Nicole Howe at 865-804-2963 or howe3201@charter.net.

**COURSE CLOSSES AFTER
1 hour, 20 minutes**

OFFICIAL 2010 SUMMER SOLSTICE 8K CHALLENGE

Race Number _____

Like to Volunteer at future KTC Events? Check here. _____

Name: _____

Is this your first race? Check here. _____

Last: _____

Address: _____

First: _____

City/State/Zip: _____ Phone (____) _____ - _____

SEX Circle One: Male Female

AGE (as of 6.19.10) _____

Email: _____

Birthdate (mo/day/yr) _____

Note: Please supply valid email address for important race instructions.

Clydesdale/Athena Division (circle one):

In Case of Emergency, call _____ at _____

200 lbs + male 150lbs+female

Extra Adult Meal/Beverage Tickets: _____ (number) @ \$10.00 each = \$ _____

Circle T-shirt Size:

Extra Kid Meal Ticket (12 or under): _____ (number) @ \$5.00 each = \$ _____

S M L XL XXL

To receive an adult beverage, you must bring a valid ID. You must also be able to drink

responsibly.

ATHLETE'S RELEASE: PLEASE READ, TO RUN THE RACE, YOU MUST SIGN AND DATE IT.

FEES:

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the Summer Solstice 8K 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 THE KNOXVILLE TRACK CLUB, 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.

_____ \$30—by June 14, 2010

_____ Deduct \$5—KTC Member Discount

_____ Total (KTC Vol Coupons Accepted)

*Note—there is no late or race day registration

*Note—this race does not have a “no t-shirt” option

Please Fill out completely and mail to:

KTC/Summer Solstice 8K Challenge
4049 Taliluna Drive, Knoxville, TN 37919

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.**