



The Knoxville Track Club Proudly Presents the 22nd Annual
STRAWBERRY PLAINS HALF-MARATHON AND 10K



2nd Race of the Knoxville Track Club's 2010 High Mileage Winter Series
 Calhoun's 10-Miler, Whitestone 30K, and the Covenant Health Knoxville Marathon or Half-Marathon
 Run at least 3 and work 1 for Special Award Eligibility

HEADPHONES ARE PROHIBITED AT THIS EVENT—USE OF HEADPHONES WILL RESULT IN DISQUALIFICATION—NO EXCEPTIONS

Date, Time, & Place: Saturday, February 13, 2010 at 9 am. Starts and finishes at Rush-Strong School in downtown Strawberry Plains. Strawberry Plains is located about 10 miles east of Knoxville, just off Highway 11E.

WARNING—February is WINTER in East Tennessee. Be prepared for COLD WEATHER and plan accordingly. In case of bad weather conditions, call 1.888.217.5635 for updates or check the website at www.ktc.org.

Directions: From Knoxville, take I-40 East and exit on east side of town at Exit 394 (Asheville HWY). Turn left & head east for 6 miles, bear left on #11E. Go three and 1/4 miles; left on Old Andrew Johnson Hwy. (Eastview Memorial Gardens on your right) Go .8 miles to the school.

Course Description and Highlights: Courses certified: USATF #TN 04007DJR and #TNO1034/RH. A lovely scenic and rolling course that meanders through the Holston River Valley with views of Clinch and House Mountains. The 10K course is mostly flat. *Course is open to traffic.*

Expected Participation/Course Records: 700 Runners; Bill Kabasenche—1:08:15 (2000) and Doris Windsand-Dausman—1:23:29(1993).

Registration & Entry Fee: Early—\$25 by Friday, Feb. 5, 2010. After—\$30 through 8:30 am on Race Day at Rush-Strong School. Race day registration will take place between **7:00 am and 8:30 am** on race-day morning. KTC Members deduct \$5 for membership discount for pre-registration only; NO discount for late or race-day registration. No T-shirt option—deduct \$10 from fee.

T-shirts: 1st quality, three-quarter length sleeve shirts. Pre-registered runners receive shirt on race-day. Late and Day-of registrants receive shirts while supplies last or at a later date.

Awards: Awards to top 3 Overall, top Masters (40+), Grandmasters (50+), Veterans (60+) for Male and Female. Awards to the top Clydesdale (male, 200 lbs+) and Athena (female, 150 lbs+). NO runners under 14 in the Half-Marathon. Age Divisions three deep for both the Half-Marathon and 10K. Awards will be presented post-race in the Gym. Awards will not be mailed. Unclaimed awards can be picked up at Runners Market at Western Plaza beginning Monday, Feb. 15, 2010.

Team Competition: This race is on the Team Competition schedule. Please visit www.ktc.org for details.

Grand Prix Points: 2010 Grand Prix Points awarded only to Half-Marathon participants.

Refreshments: Post-race refreshments will be provided in the cafeteria for all runners.

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.**

Sponsors: Please thank TN Sports Medicine Group, Lawler-Wood, Inc, Mid-Day Café, and Runners Market

Information: Contact Race Directors Nicole Howe at howe3201@charter.net or 865.983.4252 or Jill Bedford at jillbedford2567@yahoo.com or 865.622.7213.

**COURSE CLOSES AFTER
3 HOURS**

OFFICIAL 2010 STRAWBERRY PLAINS HALF-MARATHON/10K ENTRY FORM

Race Number _____

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

Name:
 Last: _____

Address: _____

First: _____

City/State/Zip: _____

SEX Circle One: Male Female

AGE (as of 2.13.10) _____

Phone (____) ____ - ____ Email address: _____

Birthdate (mo/day/yr) _____

In Case of Emergency, call _____ at _____

Clydesdale/Athena Division (circle one):
 200 lbs + male 150lbs+female

Circle One: HALF 10K
 Team Competition: OPEN _____ WOMENS _____ CORPORATE _____

Circle T-shirt Size:
 XS S M L XL XXL

Team Name: _____

FEES:
 _____ \$25/Early (thru 2.5.10)
 _____ \$30/Late or Race Day
 _____ Deduct \$5—KTC Discount
 _____ Deduct \$10—NO T-SHIRT
 _____ 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 STRAWBERRY PLAINS HALF MARATHON/10K 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, LAWLER-WOOD, RUSH-STRONG SCHOOL, TENNESSEE SPORTS MEDICINE 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/Strawberry Plains Half/10K
 4049 Talihuna Ave, Knoxville, TN 37916

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 RACE.**

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