



The Knoxville Track Club Proudly Presents
the 34th Annual

WEARS VALLEY 15K ROAD RACE



HEADPHONES ARE PROHIBITED AT THIS EVENT.

Anyone wearing headphones will be disqualified and will not receive a time or be listed in the results.

Date, Time, & Place: Sunday, September 12, 2010 at 8:00 am in Townsend, TN. Townsend is located about 35 miles SE of Knoxville. From Knoxville, take Alcoa Highway (Hwy #129) to Hwy 321 into Alcoa, Maryville, and Townsend. Race headquarters is the Townsend Visitors Center on Hwy. 321.

Course Description and Highlights: Course USATF certified. A lovely, scenic, and challenging course that runs on backcountry roads near the Little River. First two miles are flat. Major hill between miles two and three. Rolling hills between three and eight with a flat stretch near mid point. Last mile mostly downhill. Race start and finish is behind Trailhead Steakhouse on River Road (Cross Hwy 321 from Townsend Visitors Center). Course closes after 2 hours. This is not a course for walkers.

Course Record: Male: Marty Sonnenfeldt—47:00 (1988); Female: Susan Shipley—54:03 (1987).

Registration & Entry Fee: Early Registration—\$20 through September 3, 2010. KTC Members eligible for \$5 discount during pre-registration only. Late and Race Day Registration—\$25. No T-shirt—deduct \$5.

T-shirts: Short-sleeved shirts for this race. Pre-registered runners will receive shirts on race day. Late registrants as supplies last or at a later date.

Awards: Award ceremony to be held after the race at the Townsend Visitors Center. Awards to the top 3 overall male and female. Awards to the top 2 Masters (40+), Grandmasters (50+), and Veterans (60+) Male and Female. Awards to the top Clydesdale and Athena. Age division awards are three deep. Age divisions begin with 14 and under, then 5 year increments. Overall winners are not eligible for age division awards.

Team Competition: This race is on the 2010 Grand Prix Team Competition schedule. *ALL teams MUST pre-register at least 4 days before the race!* You cannot make changes to any teams on race day.

Grand Prix Points: 2010 Grand Prix Points awarded. Remember, you must volunteer for at least 3 races to be eligible for awards and you must be a KTC Member.

Refreshments: An assortment of food and drink will be provided post-race.

Results: Complete 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 courses. **Headphones are prohibited at this event. Wearing them will result in disqualification and you will not be listed in the results.**

Information: Contact Race Director Pam (Parkinson) Haggard at 865-207-6122 or via email at pamparkinson@gmail.com.

Course closes after 2 hours



OFFICIAL 2010 WEARS VALLEY 15K ENTRY FORM

Race Number _____

I would like to volunteer at future KTC events. Check here. _____

Name:

Last: _____

Address: _____

First: _____

City/State/Zip: _____

SEX Circle One: Male Female

Email address*: _____ **Phone** (____) ____ - ____

AGE (as of 9.12.10) _____

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

Birthdate (mo/day/yr) _____

In Case of Emergency, call _____ at _____

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

Circle T-shirt Size:

S M L XL XXL

Teams Only—Team Name: _____

Team Captain: _____

FEES (Please check all that apply):

_____ \$20/Early (thru 9.310)

_____ \$25/Late (after 9.4.10) and Race Day

_____ Deduct \$5—KTC Member Discount

_____ Deduct \$5—NO T-SHIRT

_____ Total (KTC Vol Coupons Accepted)

Please Fill out completely and mail to:

KTC/Wears Valley 15K

725 West 2nd North St., Morristown, TN 37814

Make Checks Payable to: Knoxville Track Club

NO REFUNDS

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 Wears Valley 15K 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, City of Townsend, Preston Aircraft, 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.

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.***