



The Knoxville Track Club Proudly Presents the 9th Annual

WHITESTONE 30K & 10K TEAM RELAY

3rd 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: Sunday, February 28, 2010 at 8:30 am. Starts and finishes at the Whitestone Inn on Watts Bar Lake.

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-75 South, exit 72 south of Lenoir City, Turn west on #72, go 9 miles. Turn right on Paint Rock Road, just after Hwy 322 juncture. Entrance is 4 miles on right. From I-40, exit 352 S on Hwy #58, go 6 miles to left on Hwy #72E then 5 miles to left on Paint Rock Road then 4 miles to Inn.

Lodging: For reservations at one of the Inn's 20 beautiful rooms, call (888)247.2464 or go to www.whitestoneinn.com (BOOK EARLY). Runners receive a 10% discount on the room rate. Be sure to mention that you are running KTC's Whitestone 30K.

Course Description and Highlights: Course certified: USATF #TNO2001RH. A lovely, rolling, scenic, & rural course that meanders through rural Tennessee countryside. Incredible downhill start with an amazing uphill finish. *Course is open to traffic.*

Expected Participation/Course Records: 200 Runners; Stewart Ellington—1:44:17 (2008); Kathy Wolski—2:10:42 (2008)

Registration & Entry Fee: Early—\$40 by Friday, February 19, 2010. Late and Race Day—\$45. Race Day registration from 6:45—8 am at Whitestone Inn. KTC Members deduct \$5 for pre-registration only. No t-shirt option—deduct \$10.

T-shirts: 1st quality, COOLMAX, long-sleeved. Pre-registered runners will receive shirts on race day. Late registrants as 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 three Clydesdale (male, 200 lbs+) and Athena (female, 150 lbs+). Awards to the top 4 three person teams. Overall winners not eligible for age division awards (three deep). Awards must be picked up on race morning or at Runners Market at Campbell Station on Monday, March 1.

Awards will not be mailed.

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 30K participants.

Refreshments: A buffet brunch provided by the Whitestone following the race. Extra tickets \$10 each.

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.

Information: Contact Race Director Bobby Holcombe at 865-671-4854 or runnersmarketbob@tds.net. KTC hotline—888.217.5635.

**COURSE CLOSSES AFTER
4 HOURS**

OFFICIAL 2010 WHITESTONE 30K & 10K TEAM RELAY 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 2.28.10) _____

Phone (____) ____ - ____ Email address: _____

Birthdate (mo/day/yr) _____

In Case of Emergency, call _____ at _____

Clydesdale/Athena Division (circle one):

200 lbs + male 150lbs+female

I will run 1st leg of relay AND the Full 30K

Circle T-shirt Size:

XS S M L XL XXL

10K Relay Team Name: _____

FEES:

_____ \$40/Early (thru 2.19.10)

_____ \$45/Late and Race Day

_____ Deduct \$5—KTC Member Discount

_____ Deduct \$10—NO T-SHIRT

_____ \$10—Extra Meal Ticket

_____ Total (KTC Vol Coupons Accepted)

Team Competition: OPEN _____ WOMENS _____ CORPORATE _____

I will run this leg of the relay: #1 #2 #3

Please Fill out completely and mail to:

KTC/Whitestone 30K

4208 Mascarene Rd, Knoxville, TN 37921

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 WHITESTONE 30 & 10k TEAM RELAY 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 OR THE WHITESTONE INN, 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 RACE.**