



The Knoxville Track Club Proudly Presents the 28th Annual



CARTER MILL 10K

HEADPHONES ARE PROHIBITED AT THIS EVENT.

**ANYONE WEARING HEADPHONES
WILL BE DISQUALIFIED AND WILL NOT RECEIVE A TIME.**

Date, Time, & Place: Saturday, July 23, 2011 at 7:30 AM. Starts and finishes at the Carter Mill community swimming pool.

Directions: From Knoxville, go east on I-40. Take Strawberry Plains exit. Go left at end of exit ramp onto Strawberry Plains Pike. Go 3 miles to stop sign. Turn right onto Hwy. #70. Go 1/2 mile and turn right on Carter School Road. Go 1/4 mile, turn right onto Carter Mill Road. The Pool is on your left.

Course Description and Highlights: USATF Certified #TNO3001DJR. Out and back course that runs on rolling, rural roads, with the second half slightly more downhill—especially the last 1/2 mile.

Registration & Entry Fee: \$20 to pre-register by July 15, 2011. Mail-in entries must be postmarked by this date. KTC Members receive \$5 discount during early registration only. \$25 for late registration (online) or race day from 6:30 am to 7:15 am at the pool. Deduct \$5 for No t-shirt option. Online registration available. Visit our website at www.ktc.org for the direct link or go to www.raceit.com and search for Carter Mill 10K.

T-shirts: 1st quality, short-sleeved. Pre-registered runners will receive shirts on race day. Late registrants as supplies last or at a later date.

Awards: Ceremony following the race at the pool. 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+). Overall winners not eligible for age division awards (three deep). Awards must be picked up on race morning or at Runners Market at Western Plaza after Monday, July 25. Awards will not be mailed to local runners.

Grand Prix Points: 2011 Grand Prix Points awarded. Remember, to be eligible for Grand Prix awards, you must be a member of the KTC and you must volunteer for at least 3 events on the 2011 Grand Prix Schedule.

Refreshments: Refreshments provided for participants only after the run at the pool.

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 event. Anyone wearing headphones will be disqualified and will not receive a time.

Information: Contact Race Director Joe Jackson at 865-719-4098 or at jjackson@tedrussell.com.

**COURSE CLOSSES AFTER
1 HOUR, 45 minutes**

OFFICIAL 2011 CARTER MILL 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 7.23.11) _____

Email address*: _____ Phone () _____ - _____

Birthdate (mo/day/yr) _____

*Note: please provide valid email address for important pre-race instructions.

Clydesdale/Athena Division (circle one):

In Case of Emergency, call _____ at _____

200 lbs + male 150lbs+female

Circle T-shirt Size:

S M L XL XXL

FEES:

_____ \$20/Early (thru 7.15.11)

_____ \$25/Late (online only) and Race Day

_____ \$5 KTC Member Discount (early reg. only)

_____ Deduct \$5—No-T-shirt Option

_____ Total (KTC Vol Coupons Accepted)

Please Fill out completely and mail to:

KTC/Carter Mill 10K

10031 Westland Dr., Knoxville, TN 37922

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 Carter Mill 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 my acceptance of my application, I for myself, and anyone entitled to act on my behalf, waive and release THE KNOXVILLE TRACK CLUB, Runners Market, 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.**