



The Knoxville Track Club and the City of Knoxville Proudly Present the

PILOT CROSSKNOX 10 MILER AND 5K WALK

10-16-11 at 2 pm



Date, Time, & Place: Sunday, October 16, 2011 at 2 pm beginning at Morningside Park at the Alex Haley Statue. Course Description and Highlights: Course is USATF certified. The 10 Miler is a point to point race run almost entirely on Knoxville's greenways. The 5K Walk begins at the Alex Haley Statue and goes to World's Fair Park with only one street crossing. The 5K Walk will not be timed. Registration & Entry Fee for both races: Early--\$25 by Friday, September 30, 2011. All mail-in entries must be post-marked by September 30. Late and Race Day Registration--\$30. Race day registration fee is \$30 from 12:30 to 1:45 pm on Sunday, October 16. No t-shirt option--deduct \$5. KTC Discount is \$5 through September 30. No KTC Membership discount during late or race day registration. \$20 for the 5K Walk through race day. Optional Packet Pick-up and Registration at Tyson Park on Friday, October 14, from 5 pm to 7 pm. Online Registration available by visiting www.ktc.org or by going to www.raceit.com and search for Pilot CrossKnox 10 Miler. NO REFUNDS OR TRANSFERS. Training Program: The KTC is proud to present a free training program for this event. The program will start August 27 and participants will meet weekly on Saturdays at 8 am to run or walk various distances and sections of the race route. T-shirts: Long-sleeved shirts. Women's sizes available. Pre-registered runners will receive shirts at packet pick-up or on race day. Late registrants as supplies last or at a later date. Parking: Participants and volunteers will need to park at the Regency Business Plaza on Hill Avenue (one block from race start). Transportation Back to Morningside Park: Buses will transport runners from Bearden Elementary and walkers from World's Fair Park to Morningside Park from 3 pm to 5:30 pm. Awards and Door Prizes: Awards to top 3 Overall, top Masters (40+), Grandmasters (50+), Senior Grandmasters(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 day. Awards will not be mailed. All participants will be eligible for door prizes. Team Competition: This race is on the Grand Prix Team Competition schedule. Please visit www.ktc.org for details. Teams must pre-register. 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. Refreshments: Refreshments provided for participants only after the run/walk at Morningside Park. Results: Complete results will be available on the KTC Website at www.ktc.org. Family and Friends Viewing Areas: Ned McWherter Park, Volunteer Landing, Tyson Park, EarthFare, and the finish line near Bearden Elementary school. Race Etiquette: Due to insurance regulations, roller blades, strollers, bicycles, and dogs are not allowed on the course. Warnings: The greenways cross traffic at a few points along the course-although course monitors will be escorting runners and walkers at those points, keep an eye out for traffic. Also, wooden decking along the greenways can become slick from rain or dew, so proceed carefully in these areas. Information: Contact Race Director Mike Wortley at 865-386-7283 or via email at mwortley78@gmail.com.

COURSE CLOSSES AFTER 2 hours, 30 minutes

OFFICIAL 2011 PILOT CROSSKNOX 10 MILER AND 5K WALK ENTRY FORM

Race Number _____ 10 Miler _____ 5K Walk _____ Wheelchair _____
Name: _____ Like to Volunteer at future KTC Events? Check here. _____
Last: _____ Address: _____
First: _____ City/State/Zip: _____
SEX Circle One: Male Female Email address*: _____ Phone () _____ - _____
AGE (as of 10.16.11) _____ *Note: please provide valid email address for important pre-race instructions.
Birthdate (mo/day/yr) _____ In Case of Emergency, call _____ at _____
Clydesdale/Athena Division (circle one): Teams ONLY --Team Name: _____
200 lbs + male 150lbs+female Open: _____ Women: _____ Corporate: _____
Circle T-shirt Size: Team Captain: _____
S M L XL XXL

WS WM WL WXL WXXL
FEES:
_____ \$25/Early (thru 9.30.11)
_____ \$30/Late and Race Day (NO KTC Discount)
_____ \$20 5K Walk Only (through race day)
_____ \$5 KTC Member Discount (early reg. only)
_____ Deduct \$5--No-T-shirt Option
Please Fill out completely and mail to:
KTC/CrossKnox 10 Miler
4049 Taliluna Drive, Knoxville, TN 37919

Make Checks Payable to: Knoxville Track Club
NO REFUNDS

ATHLETE'S RELEASE: PLEASE READ, TO RUN THE RACE, YOU MUST SIGN AND DATE IT.
Waiver: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my family, my heirs, executors, and administrators, forever waive, release & discharge any and all rights & claims for damages & causes of suit or action known or unknown, that may have against The Knoxville Track Club, The City of Knoxville, Road Runners Club of America, and all other political entities, all independent contractors & construction firms working on or near the course, all KTC Committee persons, Officials & Volunteers, & all sponsors of the race, & related Race Events & their officers, directors, employees, agents & representatives, successors, & assigns, for any and all injuries that may be suffered by me in this event. I attest that I am physically fit, am aware of the dangers & precautions that must be taken when running in warm or cold conditions, & have sufficiently trained for the completion of this event. I also agree to abide by any decision of an appointed medical official relative to my ability to safely continue or complete the run. I further assume and will pay my own medical & emergency expenses in the event of an accident, illness or other incapacity regardless of whether I have authorized such expenses. Further, I hereby grant full permission to the Knoxville Marathon and/or agents hereby authorized by them, to use any photographs, videotapes, motion pictures, recording, or any other record of this event for any legitimate purpose at any time. I further understand that there are no entry refunds, exchanges, transfers or rollovers, and that the event may be cancelled due to severe weather conditions, natural disasters, or threats to local and national security including suspected terrorist activity. I understand if I use a MP3 player, IPOD, headset, cell phone or other electronic device while participating in the event, I will do so in a reasonable way using common sense and awareness of those around me. I have read this waiver carefully & understand it.
Athlete's Signature _____ &If under 18, parent's signature _____ Date _____