



NORTH BOUNDARY TRAVERSE

DATE TIME PLACE: Saturday morning, **November 19, 2011. 9:00 am.** Starts/finishes at the Horizon Center, Oak Ridge Turnpike, west of Oak Ridge near the junction of Highways 95 and 58.

COURSE DESCRIPTION: A rollicking sixteen-mile course will traverse a combination of singletrack trail and jeep road, with a short stretch at the beginning and end on the shoulder of the highway. Anyone killed during the short stretch running alongside Highway 95 will not be eligible for awards or postrace snacks.

DIRECTIONS — From Knoxville: Take Pellissippi Parkway west to Oak Ridge. Go through town on Illinois Avenue and turn left onto the Oak Ridge turnpike (Hwy 95). Travel about seven miles, watching for the second Horizon Center entrance on the right (Novus Drive). **From Junction of I-40 and Hwy 95:** Travel north about 6.5 miles on route 95, bearing right at junction with Hwy 58, and travel ½ mile to the Horizon Center on your left.

REGISTRATION AND FEES: Fee: \$10.00. A great deal. Two KTC volunteer coupons will waive fee. On line registration available at www.ktc.org.

T-SHIRTS: Special limited edition T-shirts will be printed for the series. This is the same shirt as at all other Treadin' Trodden Trails races; it is not expected that runners will take a shirt at each race. Doing so minimizes monies we are able to donate to KTC's Youth Athletics Program.

RACE NUMBER PICKUP: Numbers will not be mailed. Pick up packet at race site 30-90 minutes before the start.

REWARDS: The eminent satisfaction of completing a challenging run, testing oneself against the elements and participating in a delightful romp among the woods, waters and fields of East Tennessee.

RESULTS: Results will be available on the Knoxville Track Club website: www.ktc.org

COURSE ETIQUETTE: We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers. Due to insurance regulations, no headsets, earphones, bicycles, baby strollers, roller blades or pets on the course.

SAFETY: The course will be monitored with water and aid stations; however, due to the unusual nature of this race (and trail racing generally) we strongly recommend that you : (1) Carry your own water with a fanny pack, (2) If sensitive to insect stings or bites, carry your own medication, and (3) Do some pre-race training offroad, as there is no substitute for experience. We want you to have a good time.

INFO FOR RUNNING OR VOLUNTEERING: Contact race directors Kerry Trammell at 865-567-0377 kerryt11@comcast.net, or Tony Owens at 865-323-3753 tonyyikes@gmail.com, or Michael deLisle 865-560-5193 mdelisle@comcast.net More info 865.588.1650

OFFICIAL 2011 NORTH BOUNDARY TRAVERSE ENTRY FORM

Race Number

Address _____

City _____ State _____ Zip _____

Name () _____ E-Mail Address _____

Last _____

First _____

In case of emergency, call _____

at Phone () _____ - _____

Sex Circle One male female

Age as of 12/31/2011 _____

T-shirt Size (circle one)

YL S M L XL

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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 North Boundary Traverse 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 KNOXVILLE TRACK CLUB, RUNNERS MARKET, NATIONAL HEALTH CARE, ASICS, THE CITY OF OAK RIDGE, US DOE, ANDERSON COUNTY, 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 of the foregoing to use any photograph, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Fill Out Completely and Mail with Entry Fee to:

Michael deLisle, North Boundary Traverse
4443 Kingston Pike, Knoxville TN 37919

Make checks payable to
The Knoxville Track Club (No refunds)

Athlete's Signature

& if under 18, parent's signature

Date