

The Knoxville Track Club's Treadin' Trodden Trails 2011 Offroad Running Series proudly presents

# STALK YOUR QUARRY TRAIL RACE

**DATE TIME PLACE:** Sunday morning, May 15, 2011. 9:00 am. Starts/finishes at Ijams Nature Center in South Knoxville.

**COURSE DESCRIPTION:** This 6-7 mile course begins in Ijams' parking lot, then explores the paths of the Nature Center. Across the road the course leads to a staggering climb up and around Meade's Quarry. Should runners actually survive the ascent and decide not to throw themselves into the quarry in abject despair, a delightfully steep downhill follows. Once back on flat ground, the course leads to more forgiving trails in the Ross Marble Quarry area, highlighted by a scramble up a steep, slippery slope. The return to the finish line features a challenging loop up the Tower Trail.

**DIRECTIONS: From Interstate 40W:** Take James White Parkway Exit (388A) to Sevier Avenue/Hillwood Drive exit. Go left onto Sevier Avenue (turns into Hillwood Drive) and turn right onto Island Home Avenue at bottom of hill. Ijams is approximately 1 mile on the Left. **From Interstate 40E:** Take Hall of Fame Drive exit (389) and turn left (South) onto Hall of Fame Drive. Turn left on Hill Avenue (8th stop light). Turn right onto James White Parkway. Merge left onto James White Parkway, then follow directions above, getting off at Sevier Avenue/Hillwood Drive.

**REGISTRATION AND FEES:** Fee: \$10.00. Yup, you heard me: ten bucks. Five bucks for students 14 and younger. Two KTC volunteer coupons will waive fee. On line registration available at [www.ktc.org](http://www.ktc.org).

**SPECIAL REGISTRATION OFFER:** Sign up for the first seven races of the series and pay only \$60. Cheap deal! Offer expires 2/20/2011.

**T-SHIRTS:** Special limited edition T-shirts will be printed for the series.

**INDIVIDUAL RACE AWARDS:** Awards will vary from race to race.

**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.

**SPECIAL SERIES AWARDS:** Points will be awarded for overall finish (and volunteerism) at each of the TTT Series races. Top point earners at the end of the series (10 each male / female and < 40 / 40+) will receive TTT Series awards. Participation (racing or volunteering) in four of the races is encouraged for consideration for series awards. Overall top male and female and top male and female masters qualify for free entry to Big South Fork Trail Race and hotel accommodations for that race.

**RESULTS:** Results will be available on the Knoxville Track Club website: [www.ktc.org](http://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 director Michael deLisle 865.588.1650 or [mdelisle@comcast.net](mailto:mdelisle@comcast.net)

## OFFICIAL 2011 STALK YOUR QUARRY TRAIL RACE ENTRY FORM

Race Number

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Name

Last \_\_\_\_\_

Phone ( ) \_\_\_\_\_ - \_\_\_\_\_ E-Mail Address \_\_\_\_\_

First \_\_\_\_\_

**In case of emergency, call \_\_\_\_\_  
at Phone ( ) \_\_\_\_\_ - \_\_\_\_\_**

Sex Circle One male female

Age (as of 12-31-11) \_\_\_\_\_

Birthdate Mo. \_\_\_\_ Day \_\_\_\_ Yr \_\_\_\_

T-shirt Size (circle one)

S M L XL

**We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers!**

### 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 Haw Ridge Trail Race 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, THE CITY OF KNOXVILLE, KNOX COUNTY, NATIONAL HEALTH CARE, ASICS, AND IJAMS NATURE CENTER, 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.

Fill Out Completely and Mail with Entry Fee to:

Michael deLisle, Stalk Your Quarry Race  
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