



The Knoxville Track Club Proudly Presents the 9th Annual
SUMMER SOLSTICE 8K CHALLENGE



June 18, 2011 at 6 pm

Race is capped at 180 entries.

All entries must be received by Tuesday, June 14.

Headphones are PROHIBITED at this event. Anyone wearing headphones will be disqualified and will NOT receive a time or be listed in results.

Date, Time, & Place: Saturday, June 18, 2011 at 6:00 pm. Starts and finishes at the Mill House Restaurant in Walland, TN.

Directions: From Knoxville, take Alcoa Highway South past the airport. When the road forks, stay left on HWY #321 toward Maryville and the Smokies. Continue on HWY 321 through Maryville. Proceed 7.2 miles beyond Blount Memorial Hospital. Look for 'Pure Pleasure' and turn left. Cross the Little River and turn left at the "T" intersection. The Mill House Restaurant is 1/2 mile on your right.

Course Description and Highlights: Course certified: USATF #TNO3018RH. A hilly, challenging, out and back course that runs on rural, back-country paved roads. Memorable hills; definitely not a PR course. This is not a course for walkers. No whining. Bring a sweatband.

Registration & Entry Fee: Registration is capped at 180 entries. We must receive your entry NO later than Tuesday, June 14, 2011. **NO further registration—no morning, afternoon, or evening race registration.** Fee—\$30. KTC Members eligible for a \$5 discount. Online registration is available at www.ktc.org. NO REFUNDS!

T-shirts: 1st quality, 100% cotton provided by Threds. This race does not have a no t-shirt option.

Awards: Awards to top 3 Overall Male and Female. 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+). Age Divisions will be in 10 year increments (five deep). Overall winners not eligible for age division awards.

Grand Prix Points: 2011 Grand Prix Points awarded at this race. Remember, to participate in the Grand Prix, runners must be a KTC Member and MUST volunteer at least 3 times at KTC Grand Prix events to qualify.

Post Race Celebration: Great barbeque and a live band along with delicious beverages. **Bring a blanket or lawn chair and enjoy the festivities.** You must bring a valid ID to receive beverages from the keg.

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.

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Sponsors: Please thank Threds, Cork & Bottle, and Cherokee Distributing for sponsoring this event.

Information: Contact Race Director Doug Young at 865-680-1971 or dyoung2@covhlth.com or Nicole Howe at 865-804-2963 (prefers text messages) or howebusy@gmail.com.

**COURSE CLOSES AFTER
1 hour, 20 minutes**

OFFICIAL 2011 SUMMER SOLSTICE 8K CHALLENGE

Race Number _____

Like to Volunteer at future KTC Events? Check here. _____

Name:

Is this your first race? Check here. _____

Last: _____

Address: _____

First: _____

City/State/Zip: _____ **Phone** (____) _____ - _____

SEX Circle One: Male Female

AGE (as of 6.18.11) _____

Email: _____

Birthdate (mo/day/yr) _____

Note: Please supply valid email address for important race instructions.

Clydesdale/Athena Division (circle one):

In Case of Emergency, call _____ at _____

200 lbs + male 150lbs+female

Extra Adult Meal/Beverage Tickets: _____ (number) @ \$10.00 each = \$ _____

Circle T-shirt Size:

Extra Kid Meal Ticket (12 or under): _____ (number) @ \$5.00 each = \$ _____

S M L XL XXL

To receive an adult beverage, you must bring a valid ID. You must also be able to drink responsibly.

FEES:

ATHLETE'S RELEASE: PLEASE READ, TO RUN THE RACE, YOU MUST SIGN AND DATE IT.

_____ \$30—by June 14, 2011

_____ Deduct \$5—KTC Member Discount

_____ Total (KTC Vol Coupons Accepted)

*Note—there is no late or race day registration

*Note—this race does not have a “no t-shirt” option

Please Fill out completely and mail to:

KTC/Summer Solstice 8K Challenge

4049 Taliluna Avenue, Knoxville, TN 37919

Make Checks Payable to: Knoxville Track Club

NO REFUNDS

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.