

The Knoxville Track Club's Treadin' Trodden Trails 2012 Offroad Running Series proudly presents

THE TRAIL THAT CAN'T BE CONCORD

DATE TIME PLACE: Saturday, July 14, 2012, 9:00 am. Starts/finishes at Concord Park in West Knoxville.

COURSE DESCRIPTION: This 8½ mile course begins in the parking lot of Concord Park, winding first through the eastern side of the park for 6½ action-packed miles of twisting, turning, climbing fun, then crosses to the western portion of the park for two more circuitous miles, finishing exactly where it started. Barrels of fun. One or two leaflets of poison ivy have been rumoured to lurk astride the course. **COURSE CLOSURES 11:30 am**

DIRECTIONS: Concord Park is located ½ mile west of the junction of Northshore Drive and Westland Drive. Take I-140 (Pellissippi Parkway) to Westland Drive exit (3) travel west on Westland Drive, approx. 1¼ miles, turn right on to Northshore Drive, go ½ mile to entrance on right. Those arriving by helicopter, descend rope near starting line; no helipad provided. Latitude 35.8631354 Longitude -84.1304691.

REGISTRATION AND FEES: Fee: \$10.00 for pre-registration and online registration. Five bucks for students 14 and younger. Two KTC volunteer coupons will waive fee. On line registration available at www.ktc.org. **NOTE: Day of Race registration \$15.00 or three volunteer coupons.**

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; one shirt per runner PER SEASON please. Taking multiple shirts 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.

AWARDS AND REWARDS: Awards will vary from race to race, but each race offers the eminent satisfaction of completing a challenging run, testing oneself against the elements and participating in a delightful romp among the woods, waters, hillsides, 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. 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. In order to qualify for a series award, an individual must be a current KTC member and volunteer at a minimum of two Treadin' Trodden Trails events. Point totals accrue in a maximum of ten series events.

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.

INFOFORRUNNING OR VOLUNTEERING: Contact race director Michael deLisle at 865.548.4718 or mdelisle@comcast.net. More info 865.588.1650

OFFICIAL 2012 TRAIL THAT CAN'T BE CONCORD RACE ENTRY FORM

Race Number

Address _____

City _____ State _____ Zip _____

Name _____ Phone () _____ - _____ E-Mail Address _____

Last _____

First _____

Sex Circle One male female

Age as of 12/31/12 _____

T-shirt Size (circle one)

S M L XL

Fill Out Completely and Mail with Entry Fee to:

Michael deLisle, Concord Trail Race

4443 Kingston Pike, Knoxville TN 37919

Make checks payable to

The Knoxville Track Club (No refunds)

In case of emergency, call _____
at Phone () _____ - _____

**COURSE
CLOSES
AFTER
2 HR 30 MIN**

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 Trail that Can't Be Concord 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, NATIONAL HEALTH CARE, ASICS, THE CITY OF KNOXVILLE, TOWN OF FARRAGUT, AND KNOX 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 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