

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

DARK HOLLOW WALLOW

DATE TIME PLACE: Sunday afternoon, **February 12, 2012. 2:00 pm.** Starts/finishes at Big Ridge State Park between Norris and Maynardville.
COURSE DESCRIPTION: This 10¼ mile course delves into long forgotten, mud-slogged crevasses known to be haunted by haints, demons, banshees, phantoms, and poltergeists. Most who have embarked on this trail have not returned. A splendid time is guaranteed for all.
DIRECTIONS: Take I-75 to exit 122, then follow Highway 61 east for approximately 12 miles. Park entrance is on the left. GPS junkies, look for 1015 Big Ridge Park Rd, Maynardville, TN 37807. Latitude, Longitude: 36.26138, -83.92165.
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. Online registration available at www.ktc.org.
SPECIAL REGISTRATION OFFER: Sign up for the first ten races of the series and pay only \$80. Cheap deal! **Offer expires 1/22/2012.**
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 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.
INFO FOR RUNNING OR VOLUNTEERING: Contact race director Bobby Glenn 865.548.7664 or bgruns@comcast.net

OFFICIAL 2012 DARK HOLLOW WALLOW 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 12-31-12) _____

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 Dark Hollow Wallow 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, BIG RIDGE STATE PARK, AND THE STATE OF TENNESSEE, 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, Dark Hollow Wallow
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