

28th
Annual

Provision Health & Wellness

Dogwood Classic

5K RUN and WALK

Presented by



and



Date, Time, & Place: Saturday, April 28, 2012 at 8 am at the west end of Cherokee Boulevard in Sequoyah Hills.

Course Description and Highlights: Course certified: USATF #TN4012DJR. An out and back on Cherokee Boulevard beginning in the eastbound lanes near the west end parking lot. Course runs to Talahi Dr. and back in the westbound lanes of Cherokee Boulevard to Southgate Road. Runners cross back over to eastbound lane to finish just before the park. Walkers will follow the same course. Course closes after 1 hour, 15 minutes.

Registration & Entry Fee Cost is \$25 for all mail-in entries. Mail in entries must be postmarked no later than Wednesday, April 18. No t-shirt—deduct \$5 anytime. Race day registration is from 6:30-7:45 am at the race tent, and the cost is \$25. To receive an early registration and KTC member discounts, please go to www.ktc.org/RaceDogwood.html and register online. No refunds and no transfers.

Packet Pick-up: Packet pick-up to be held on Friday, April 27, from 10 am to 6 pm at Provision Health & Wellness at Dowell Springs. The address is 1400 Dowell Springs Blvd., Suite 100, Knoxville, TN 37909.

T-shirts: Cotton, short-sleeved. Pre-registered runners will receive shirts on race day. Late registrants as supplies last or at a later date. T-shirts will not be mailed.

Awards: Awards to top 3 Overall, top Masters (40+), Grandmasters (50+), Veterans (60+) for Male and Female. Awards to the top three Clydesdale (male, 200 lbs+) and Athena (female, 150 lbs+). SPECIAL AWARDS CATEGORY FOR FIRST TIME RACERS! Overall winners not eligible for age division awards (three deep). Awards must be picked up on race morning or at Runners Market at Western Plaza beginning on Monday, April 30, 2011. Awards will not be mailed.

Grand Prix Points: 2012 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 for Grand Prix events in 2012.

Refreshments: Refreshments will be provided in the race tent following the race.

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 5K course. Headphones are strongly discouraged.

Information: Contact Race Director Kelsey Godfrey 865-206-5892 or via e-mail at kelsey.godfrey@my.marvillecollege.edu, or Mike Wortley at 888-217-5635 or via e-mail at knoxtrackevents@gmail.com.

Official 2012 Provision Health & Wellness Dogwood Classic 5K Entry Form

Race No. _____

Name:

Last: _____

First: _____

Sex Circle One: Male Female

Age (as of 4.28.12) _____

Birth date (mo/day/yr) _____

Clydesdale/Athena Division (circle one):

200 lbs + male 150 lbs + female

Are you a first-time racer? (circle one):

Yes No

Circle T-shirt Size:

S M L XL XXL NO SHIRT

Select all that apply:

_____ 5K Run or Walk: \$25(Discounts available for registering online)

_____ NO SHIRT - Deduct \$5

\$_____ TOTAL

Address: _____

City/State/Zip: _____

E-mail Address*: _____

**Please provide a valid e-mail address for important pre-race instructions*

Emergency Contact: _____

Name

Phone

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

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my family, my heirs, executors, and administrators, forever waive, release & discharge any and all rights & claims for damages & causes of suit or action known or unknown, that may have against The Knoxville Track Club, The City of Knoxville, Road Runners Club of America, and all other political entities, all independent contractors & construction firms working on or near the course, all KTC Committee persons, Officials & Volunteers, & all sponsors of the race, & related Race Events & their officers, directors, employees, agents & representatives, successors, & assigns, for any and all injuries that may be suffered by me in this event. I attest that I am physically fit, am aware of the dangers & precautions that must be taken when running in warm or cold conditions, & have sufficiently trained for the completion of this event. I also agree to abide by any decision of an appointed medical official relative to my ability to safely continue or complete the run. I further assume and will pay my own medical & emergency expenses in the event of an accident, illness or other incapacity regardless of whether I have authorized such expenses. Further, I hereby grant full permission to the Knoxville Track Club and/or agents hereby authorized by them, to use any photographs, videotapes, motion pictures, recording, or any other record of this event for any legitimate purpose at any time. I further understand that there are no entry refunds, exchanges, transfers or rollovers, and that the event may be cancelled due to severe weather conditions, natural disasters, or threats to local and national security including suspected terrorist activity. I understand if I use a MP3 player, IPOD, headset, cell phone or other electronic device while participating in the event, I will do so in a reasonable way using common sense and awareness of those around me. I have read this waiver carefully & understand it.

Please Complete and Mail to

KTC/ Dogwood Classic 5K
4049 Taliluna Ave, Knoxville, TN 37919
Make checks payable to Knoxville Track Club

NO REFUNDS & NO TRANSFERS

Athlete's Signature

Parent's Signature (if under 18)

Date

We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to race volunteers.