

The 35th Annual Knoxville Track Club **EXPO 10K** and **5K RUN/WALK**

Presented by



and



**10K course closes
after 1 hour, 30
minutes.**

Date, Time, & Place: Saturday, May 26, 2012 at 8:00 am. Starts and finishes at the Civic Coliseum on Church Avenue.

Course Description: 10K is USATF certified TN11039MS. 10K course will close after 1 hour, 30 minutes. 5K course is USATF certified TN11038MS.

Registration & Entry Fee: Cost is \$35 for the 10K or the 5K for all mail-in entries. Mail in entries must be postmarked no later than Wednesday, May 16. No t-shirt—deduct \$5 anytime. In person registration on Friday, May 25 at the Runners Market in Bearden from 11:00 am to 6:00 pm, and the cost is \$35. To receive an early registration and KTC member discounts, please go to www.ktc.org/RaceExpo.html and register online. No refunds and no transfers.

MANDATORY FRIDAY PACKET PICK-UP: You must pick-up your race packet on Friday, May 25 from 11 am to 6 pm at Runners Market in Bearden. You may also pick-up for friends and family at that time.

T-shirts: Short-sleeved. Women specific sizes for female participants. Pre-registered runners will receive shirts on Friday at packet pickup. Late registrants as supplies last or at a later date..

Prize Money: Open Male and Female 10K Only (there is NO money for the 5K)! 1st —\$300, 2nd —\$250, 3rd —\$200. Masters, Grandmasters, and Veterans Male and Female—1st—\$150 & 2nd—\$100. Wheelchair Male and Female—1st—\$150, 2nd—\$100. All checks will be mailed. Only one money award per runner—no double-dipping. Prize money for 10K ONLY (no prize money for the 5K).

Awards: Award ceremony to be held after the race on the plaza at the Civic Coliseum. Awards to the top 3 overall male and female. Awards to the top 2 Masters (40+), Grandmasters (50+), and Senior Grandmasters (60+) Male and Female. Awards to the top Clydesdale and Athena. Age division awards are three deep beginning with 14 and under, then 5 year increments. Overall winners are not eligible for age division awards.

Family Teams: Awards for two-person family teams (mother/son, mother/daughter, father/son, father/daughter, husband/wife) or three-person 3 generation teams (grandparent/parent/child) in both 10K and 5K. All family teams must pre-register.

Grand Prix Points: 2012 Grand Prix Points awarded only to 10K participants.

Refreshments: An assortment of food and drinks will be served following the race.

Results: Complete 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 courses. Headphones are strongly discouraged but you will not be disqualified.

Information: Contact Race Director Michael Holtz at 865-414-3191 or via e-mail at michael_a_holtz@yahoo.com, or Mike Wortley at 888-217-5635 opt. 3, or via e-mail at knoxtrackevents@gmail.com.

Official 2012 EXPO 10K & 5K Entry Form

Race No. _____

Name: _____
Last: _____

First: _____

Sex (Circle One): Male Female

Age (as of 5.26.12) _____

Birthdate (mo/day/yr) _____

Clydesdale/Athena Division (circle one):

200 lbs + male 150 lbs + female

Circle T-shirt Size:

Mens: S M L XL XXL NO SHIRT

Womens: S M L XL

Wheel Chair: No Yes

Select all that apply:

_____ 10K Run: \$35 (Discounts available for registering online)

_____ 5K Run or Walk: \$35(Discounts available for registering online)

_____ NO SHIRT - Deduct \$5

\$ _____ TOTAL

Please Complete and Mail to

KTC/ Expo 10K & 5K

4049 Taliuna Ave, Knoxville, TN 37919

Make checks payable to Knoxville Track Club

NO REFUNDS & NO TRANSFERS

Address: _____

City/State/Zip: _____

E-mail Address*: _____

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

Emergency Contact: _____

Name

Phone

Family Team (choose only one):

Mother/Son_____ Mother/Daughter_____ Husband/Wife_____

Father/Son_____ Father/Daughter_____ Three Generations_____

Name of Partner: _____

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.

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.