

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

FORKS OF THE RIVER TRAIL RACE

DATE TIME PLACE: Sunday morning, April 29, 2012. 9:00 am. EDT. Starts/finishes at Ijams Nature Center in South Knoxville.

COURSE DESCRIPTION: This six-plus mile course begins in the parking lot of Ijams, then winds out through the mulched paths of the Nature Center, down along the boardwalk over the Tennessee River, then out onto TWRA land east of Ijams. The course is a combination of singletrack trails, a bit of greenway, gravel road, and fieldside pathways. **Course closes 11:00 am.**

DIRECTIONS: From Interstate 40W: James White Parkway Exit (388A) to Sevier Avenue/Hillwood Drive exit. Left onto Sevier Avenue (turns into Hillwood Drive) and right onto Island Home Avenue at bottom of hill. Ijams is approximately 1 mile on the Left. **From Interstate 40E:** Hall of Fame Drive exit (389) and left (South) onto Hall of Fame Drive. Left on Hill Avenue (8th stop light). Right onto James White Parkway. Merge left onto James White Parkway, then follow directions above, getting off at Sevier Avenue/Hillwood Drive. Lat: 35.95583°N Long: -83.87318°W

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 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 Laura Gearhiser at 865.318.0108 or lauragearhiser@hotmail.com.

OFFICIAL 2012 FORKS OF THE RIVER TRAIL RACE 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

Year of Birth _____

Age as of 12/31/12 _____

T-shirt Size (circle one)

S M L XL

**COURSE
CLOSES
AFTER
2 HOURS**

**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 Forks of the River 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, IJAMS NATURE CENTER, THE CITY OF KNOXVILLE, 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.

Fill Out Completely and Mail with Entry Fee to:

Michael deLisle, Forks of the River Race
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