

2012 GREENWAYS 5K

and

2-MILE WALK/DOG JOG

Presented by



Date, Time, & Place: Saturday, March 24 at 9 am. Registration, race start, and post-race activities at West High School on Tobler Lane in the Bearden/Sequoyah Hills area.

Course Description and Highlights: Course certified: USATF #TN08085MS. The 5K course is an out and back scenic route eastward from West High School along Third Creek Greenway with a loop turnaround going on Painter Avenue to Concord and back along the greenway. The 2 Mile Walk and Dog Jog route goes westward from West High School along Third Creek Greenway to Forest Heights Road then returns along the greenway.

Registration & Entry Fee: Cost is \$25 for the 5k and \$20 for the 2-mile walk/dog jog for all mail-in entries. Mail in entries must be postmarked no later than Wednesday, March 14. We will not send a confirmation for mail-in entries. No t-shirt—deduct \$5 anytime. Day of race registration from 7:30 am to 8:45 am at West High School, and the cost is \$25 for the 5k and \$20 for the 2-mile walk/dog jog. To receive an early registration and KTC member or Knox Greenways Coalition discounts, please go to www.ktc.org/RaceGreenways5k.html and register online. No refunds and no transfers.

T-shirts: 1st quality, cotton, short-sleeved. Pre-registered runners will receive shirts on race day. Late registrants as supplies last or at a later date.

Awards: Awards to top 3 Overall, top Masters (40+), Grandmasters (50+), Senior Grandmasters (60+) for Male and Female. Awards to the top Clydesdale (male, 200 lbs+) and Athena (female, 150 lbs+). Age Divisions: 14 and Under, 15—19, 20—24, 25—29, 30—34, 35—39, 40—44, 45—49, 50—54, 55—59, 60—64, 65—69, 70—74, 75—79, 80—84, 85+. Overall winners not eligible for age division awards (three deep). Awards will not be mailed.

Grand Prix Points: 2012 Grand Prix Points awarded only to 5K 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 5K course. Headphones are strongly discouraged for this race on the 5K course.

Information: Contact Race Director Ron McElhaney at 865-307-1765 or via email at ron122343@netzero.net or Mike Wortley at 888-217-5635 opt.3 or e-mail knoxtrackevents@gmail.com.



Official 2012 GREENWAYS 5K & 2-MILE WALK/DOG JOG Entry Form

Race No. _____

Name:
Last: _____

First: _____

Sex Circle One: Male Female

Age (as of 3.24.12) _____

Birthdate (mo/day/yr) _____

Clydesdale/Athena Division (circle one):

200 lbs + male 150 lbs + female

Circle T-shirt Size:

S M L XL XXL NO SHIRT

Select all that apply:

_____ 5k Run: \$25 (Discounts available for registering online)

_____ 2-Mile Walk/Dog Jog: \$20 (Discounts available for registering online)

_____ NO SHIRT – Deduct \$5

_____ Donation to Knox Greenways Coalition

\$_____ TOTAL

Please Complete and Mail to

KTC/ Greenways 5k

4049 Taliluna 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

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.