



I.C. King Of Trails Race



Race limited to 100 runners * Age & Gender Handicapped

DATE TIME PLACE: Sunday morning, April 8, 2012. 2:00 pm. Starts/finishes at I.C. King Park on Alcoa Highway in Knoxville.

COURSE DESCRIPTION: This roughly 7-8 mile course starts and finishes in the south (usually gated) parking lot of I.C. King Park. Numerous rolling hills will be encountered, along with stretches of more rhythmic singletrack along the lakeside. Water will be provided just past halfway.

DIRECTIONS: Located off Alcoa Highway (US 129) south of Knoxville between John Sevier Highway and Maloney Road, this 190-acre county Park lies on the shores of the Tennessee River. Latitude: 35.896 Longitude: -83.946. Park at the south entrance to the Park that is usually gated shut; the road will be open for this event. **Course closes 4:00 pm.**

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, hillsides, 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 accomodations 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: 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.

PARKING: Due to limited parking, participants are strongly encouraged to carpool. The road in and out is narrow with traffic jams almost unavoidable.

INFO FOR RUNNING OR VOLUNTEERING: Contact race director Tony Owens at 865.323.3753 or tonyyikes@gmail.com. More info 865.588.1650

OFFICIAL 2012 I.C. KING OF TRAILS RACE ENTRY FORM

Race Number

Address _____

City _____ State _____ Zip _____

Name _____
Last _____ Phone () ____ - ____ E-Mail Address _____

First _____

**In case of emergency, call _____
at Phone () _____ - _____**

**COURSE
CLOSES
AFTER
2 HOURS**

Sex Circle One male female

Age (as of 12-31-12) _____

Birthdate Mo. ____ Day ____ Yr ____

T-shirt Size (circle one)

S M L XL

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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 I.C. King 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, 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, I.C. King Trail 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