

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

LAKESHORE TRAIL TREK

DATE TIME PLACE: Saturday morning, **June 30, 2012. 9:00 am.** Starts/finishes off Coytee Road outside Greenback TN.

COURSE DESCRIPTION: The main nine mile very runnable out-and-back course will follow the Sinking Creek Branch of the East Lakeshore Trail system, extending south from the Coytee Trailhead 4.5 miles to the Sinking Creek Trailhead, and back again. It features several bridges including an 85-foot steel and concrete bridge erected by TVA in 2011, and elevated 15-feet above Coytee Cove adjacent to the Coytee Trailhead. Aid station will be at the turnaround, 4.5 miles in. **Course closes 11:45 am. There will also be a five-mile option that will be timed but will not earn Grand Prix Points.**

DIRECTIONS: From Knoxville head south on 129 (Alcoa Highway) toward the airport. At the split after the airport, stay right on 129. Turn right onto 321 (Lamar Alexander Parkway) for 12.7 miles, then turn left onto TN-95S for 1.8 miles. Turn right onto Axley Chapel Road for 1.3 miles, turn left to stay on Axley Chapel for 0.2 miles, then Axley Chapel becomes Coytee Road. In 0.3 miles turn left and park near the big bridge. Latitude 35.710524°N, Longitude -84.234817°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.**

SPECIAL REGISTRATION OFFER: Sign up for the first ten races of the series and pay only \$80. Cheap deal! **Offer expires 1/22/2012.**

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: 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 LAKESHORE TRAIL TREK ENTRY FORM

Race Number

Address _____

Race Option: 9-Mile 5-Mile

City _____ State _____ Zip _____

Name

Last _____

Phone () _____ - _____ E-Mail Address _____

First _____

Sex Circle One male female

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

**COURSE
CLOSES
AFTER
2 HR 45 MIN**

Age (as of 12-31-12) _____

**We reserve the right to disqualify anyone who exhibits
unsportsmanlike conduct or is abusive to volunteers!**

Birthdate Mo. ____ Day ____ Yr ____

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

T-shirt Size (circle one)

S M L XL

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the Lakeshore Trail Trek 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, LOUDON COUNTY, NATIONAL HEALTH CARE, ASICS,, TVA, THE STATE OF TENNESSEE, 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, Lakeshore Trail Trek
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