

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



# Panther Creek Challenge



**DATE TIME PLACE:** Saturday morning, **May 19, 2012. 9:00 am.** Starts/finishes at Panther Creek State Park.

**COURSE DESCRIPTION:** This roughly ten mile course starts in the parking lot in the northwest corner of the park, overlooking the lake. It quickly plunges down the Ridge Crest Trail and circles the peninsula counterclockwise. Leaving the water, it carves its way north and east toward the Maple Arch Trail, then climbs tortuously around the the northern part of the park. The course continues to wind up, down, and around, eventually reaching the Point Lookout Trail for a screaming downhill finish near the main road not far from the starting line. **Course closes at 12:00 noon.**

**DIRECTIONS:** From Knoxville take Highway 11E North and travel 35 miles. Left onto Panther Creek Road (by the BP Station) and travel 2½ miles. Park entrance is on the right. From North on I-81, take Exit 12 (Hwy 160). At the end of the ramp, take a right on Hwy 160 (North) to Hwy 11 E. Turn right on 11E. Look for the BP Station. Take a left on Panther Creek Road. Travel 2½ miles and the park entrance is on the right. Lat: 36.205472°N, Long: -83.407442°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](http://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 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](http://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.

**INFO FOR RUNNING OR VOLUNTEERING:** Contact race director John LeCroy at [john.lecroy@att.net](mailto:john.lecroy@att.net) or 423.312.0140. More info 865.588.1650

## OFFICIAL 2012 PANTHER CREEK CHALLENGE 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

Age (as of 12-31-12) \_\_\_\_\_

Birthdate Mo. \_\_\_\_ Day \_\_\_\_ Yr \_\_\_\_

T-shirt Size (circle one)

S M L XL

**COURSE  
CLOSES  
AFTER  
3 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 Panther Creek Challenge 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 MORRISTOWN, JEFFERSON COUNTY, THE STATE OF TENNESSEE, AND PANTHER CREEK STATE PARK of 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, Panther Creek Challenge  
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