



The Knoxville Track Club Proudly Presents the 24rd Annual  
**STRAWBERRY PLAINS HALF-MARATHON AND 10K**



2nd Race of the Knoxville Track Club's 2012 High Mileage Winter Series  
 Calhoun's 10-Miler, Whitestone 30K, and the Covenant Health Knoxville Marathon or Half-Marathon  
 Run at least 3 and work 1 for Special Award Eligibility

**HEADPHONES ARE PROHIBITED AT THIS EVENT—USE OF HEADPHONES WILL RESULT IN DISQUALIFICATION—NO EXCEPTIONS**

**Date, Time, & Place:** Saturday, February 11, 2012 at 9 am. Starts and finishes at Rush-Strong School in downtown Strawberry Plains. Strawberry Plains is located about 10 miles east of Knoxville, just off Highway 11E.

**WARNING**—February is WINTER in East Tennessee. Be prepared for COLD WEATHER and plan accordingly. In case of bad weather conditions, go to [www.ktc.org](http://www.ktc.org) (main page and message board) for updates or check out our Facebook Page or follow us on Twitter—@knoxvilletrack—for information.

**Directions:** From Knoxville, take I-40 East and exit on east side of town at Exit 394 (Asheville HWY). Turn left & head east for 6 miles, bear left on #11E. Go three and 1/4 miles; left on Old Andrew Johnson Hwy. (Eastview Memorial Gardens on your right) Go .8 miles to the school. Address is 3081 West Old Andrew Johnson Highway, Strawberry Plains, TN 37871.

**Course Description and Highlights:** Courses certified: USATF #TN 04007DJR and #TN01034/RH. A lovely scenic and rolling course that meanders through the Holston River Valley with views of Clinch and House Mountains. The 10K course is mostly flat. *Course is open to traffic.*

**Expected Participation/Course Records:** 700 Runners; Bill Kabasenche—1:08:15 (2000) and Doris Windsand-Dausman—1:23:29(1993).

**Registration & Entry Fee:** Cost for all mail-in registration is \$35 and must be received by Wednesday, Feb. 1, 2012. No confirmations will be sent for mail-in entries. Race day registration will take place between **7:00 am and 8:30 am** and cost is \$35. No T-shirt option—deduct \$10 from fee. For registration discounts, please go to <http://www.ktc.org/RaceStrawplains.html> to register online.

**T-shirts:** Long-sleeve, wicking shirts. Pre-registered runners receive shirt on race-day. Late /Day-of registrants receive shirts while supplies last or at a later date.

**Awards:** Awards to top 3 Overall, top Masters (40+), Grandmasters (50+), Veterans (60+) for Male and Female. Awards to the top Clydesdale (male, 200 lbs+) and Athena (female, 150 lbs+). NO runners under 14 in the Half-Marathon. Age Divisions three deep for both the Half-Marathon and 10K. Awards will be presented post-race in the Gym. Awards will not be mailed. Unclaimed awards can be picked up at Runners Market at Western Plaza beginning Monday, Feb. 13, 2012.

**Finisher Medals:** Half-Marathon participants will receive a commemorative finisher's medal.

**Team Competition:** This race is on the Team Competition schedule. Please visit [www.ktc.org](http://www.ktc.org) for details.

**Grand Prix Points:** 2012 Grand Prix Points awarded only to Half-Marathon participants.

**Refreshments:** Post-race refreshments will be provided in the cafeteria for all runners.

**Results:** Compete results will be available on the KTC Website at [www.ktc.org](http://www.ktc.org).

**Race Etiquette:** Due to insurance regulations, roller blades, strollers, bicycles, and dogs are not allowed on the course. **HEADPHONES ARE PROHIBITED.**

**Information:** Contact Race Directors Jill Bedford at [jillbedford@gmail.com](mailto:jillbedford@gmail.com) or 865.207.0042 or KTC Event Manager, Mike Wortley, at [knoxtrackevents@gmail.com](mailto:knoxtrackevents@gmail.com).

**COURSE CLOSSES AFTER  
3 HOURS, 30 MINUTES**

**OFFICIAL 2012 STRAWBERRY PLAINS HALF-MARATHON/10K ENTRY FORM**

**Race Number** \_\_\_\_\_

**Choose an Event:** HALF \_\_\_\_\_ 10K \_\_\_\_\_

**Name:** I am participating in the High Mileage Winter Series. \_\_\_\_\_ (10K not eligible)

**Last:** \_\_\_\_\_ Address: \_\_\_\_\_

**First:** \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

**SEX** Circle One: Male Female

**AGE** (as of 2.11.12) \_\_\_\_\_ Email address\*: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

**Birthdate** (mo/day/yr) \_\_\_\_\_ *\*Please provide a valid email address for important pre-race instructions.*

**I would like to volunteer at future KTC Events. Check here.** \_\_\_\_\_

Clydesdale/Athena Division (circle one):

200 lbs + male 150lbs+female

**Circle T-shirt Size:**

S M L XL XXL

**FEES:**

\_\_\_\_\_ \$35 for ALL mail-in registrations

*\*Discounts available through online registration*

\_\_\_\_\_ Deduct \$10—NO T-SHIRT

\_\_\_\_\_ Total (KTC Vol Coupons Accepted)

**Please Fill out completely and mail to:**

KTC/Strawberry Plains Half/10K

4049 Talihuna Ave, Knoxville, TN 37919

**Make Checks Payable to: Knoxville Track Club**

**NO REFUNDS**

**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 Marathon 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 & If under 18, parent's signature Date  
*We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers. HEADPHONES ARE PROHIBITED AT THIS RACE.*