

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



WANDERERS' TRAIL RACE

DATE TIME PLACE: Sunday, January 22, 2012. 2:00 pm. Starts/finishes at a point to be announced.

COURSE DESCRIPTION: This roughly four miles course meanders through the woods, crossing hills, dales, rocks, roots, streams, grassy knolls, and the occasional bit of asphalt.

DIRECTIONS: Once venue is officially approved, directions will be posted in an updated entry form and on the KTC website, www.ktc.org

REGISTRATION AND FEES: Fee: \$10.00. Yup, you heard me: ten bucks. Five bucks for students 14 and younger. Two KTC volunteer coupons will waive fee. Online registration available at www.ktc.org.

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 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.

INFOFORRUNNINGORVOLUNTEERING: Contact race directors Tony Owens 865.323.3753 (tonyyikes@gmail.com) or Kathy Smith 865.806.5999 (momexample@yahoo.com).

OFFICIAL 2012 WANDERERS' TRAIL 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)

YL S M L XL

**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 Wanderers' 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, MARYVILLE COLLEGE, RUNNERS MARKET, NATIONAL HEALTH CARE, ASICS, AND THE CITY OF MARYVILLE, 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, Wanderers' 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

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

DARK HOLLOW WALLOW

DATE TIME PLACE: Sunday afternoon, **February 12, 2012. 2:00 pm.** Starts/finishes at Big Ridge State Park between Norris and Maynardville.
COURSE DESCRIPTION: This 8-10 mile course delves into long forgotten, mud-slogged crevasses known to be haunted by haints, demons, banshees, phantoms, and poltergeists. Most who have embarked on this trail have not returned. A splendid time is guaranteed for all.
DIRECTIONS: Take I-75 to exit 122, then follow Highway 61 east for approximately 12 miles. Park entrance is on the left. GPS junkies, look for 1015 Big Ridge Park Rd, Maynardville, TN 37807. Latitude, Longitude: 36.26138, -83.92165.
REGISTRATION AND FEES: Fee: \$10.00. Yup, you heard me: ten bucks. Five bucks for students 14 and younger. Two KTC volunteer coupons will waive fee. Online registration available at www.ktc.org.
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 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
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 Bobby Glenn 865.548.7664 or bgruns@comcast.net

OFFICIAL 2012 DARK HOLLOW WALLOW 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)

YL S M L XL

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 Dark Hollow Wallow 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, BIG RIDGE STATE PARK, AND 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, Dark Hollow Wallow
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

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

WILD WEST RIDGE RUN

DATE TIME PLACE: Saturday afternoon, **March 18, 2012. 2:00 pm.** Starts/finishes at Haw Ridge Park between Knoxville and Oak Ridge.
COURSE DESCRIPTION: This roughly seven mile loop course begins with a short stretch of pavement, then enters the woods and circles the western shore of the park. Once back inland the trail makes a serious ascent on V Trail to the top of the ridge. Runners stay atop the ridge to the 14 post, then barrel downhill, turning west on Middle to Twister. After Twister, return to Lake, following it east to Red Hill Trail, then following it around to the 6 post. Jog west to I Trail, then up to Middle. Follow Middle west, junction with Low Gap, then up to the gap itself. Turn left onto Ridge and follow Ridge Trail west to the 13 post, where the course turns right and stumbles downhill to the finish, where runners collapse in paroxysms of pain, delight, and oxygen deprivation.

DIRECTIONS: From Knoxville, take Pellissippi Parkway across the Clinch River to Edgemoor Drive and bear east about 3/4 mile, parking at or near the kiosk nearest the trailheads. Lat: 36.000186°N, Long: -84.185251°W

REGISTRATION AND FEES: Fee: \$10.00. Yup, you heard me: ten bucks. Five bucks for students 14 and younger. Two KTC volunteer coupons will waive fee. Online registration available at www.ktc.org. Participants are encouraged to donate to Friends of Haw Ridge at registration.

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 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 Kerry Trammell 865.567.0377 or kerryt11@comcast.net

OFFICIAL 2012 WILD WEST RIDGE RUN 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)

YL S M L XL

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 Wild West Ridge Run 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, ANDERSON COUNTY, AND THE CITY OF OAK RIDGE, 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, Wild West Ridge Run
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



I.C. King Of Trails Race



Race limited to 100 runners * Age & Gender Handicapped

DATE TIME PLACE: Sunday morning, April 8, 2012. 9:00 am. 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.

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: 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 () _____

Sex Circle One

male

female

Age (as of 12-31-12) _____

Birthdate Mo. ____ Day ____ Yr ____

T-shirt Size (circle one)

YL

S

M

L

XL

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 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

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

FORKS OF THE RIVER TRAIL RACE

DATE TIME PLACE: Sunday morning, **April 29, 2012. 9:00 am. EDT.** Starts/finishes at Ijams Nature Center in South Knoxville.

COURSE DESCRIPTION: This six-plus mile course begins in the parking lot of Ijams, then winds out through the mulched paths of the Nature Center, down along the boardwalk over the Tennessee River, then out onto TWRA land east of Ijams. The course is a combination of singletrack trails, a bit of greenway, gravel road, and fieldside pathways.

DIRECTIONS: From Interstate 40W: James White Parkway Exit (388A) to Sevier Avenue/Hillwood Drive exit. Left onto Sevier Avenue (turns into Hillwood Drive) and right onto Island Home Avenue at bottom of hill. Ijams is approximately 1 mile on the Left. **From Interstate 40E:** Hall of Fame Drive exit (389) and left (South) onto Hall of Fame Drive. Left on Hill Avenue (8th stop light). Right onto James White Parkway. Merge left onto James White Parkway, then follow directions above, getting off at Sevier Avenue/Hillwood Drive. Lat: 35.95583°N Long: -83.87318°W

REGISTRATION AND FEES: Fee: \$10.00. Yup, you heard me: ten bucks. Five bucks for students 14 and younger. Two KTC volunteer coupons will waive fee. On line registration available at www.ktc.org.

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 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 Carl Epley at 865.603.3261 or carl37854@yahoo.com. More info 865.588.1650

OFFICIAL 2012 FORKS OF THE RIVER TRAIL 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

Year of Birth _____

Age as of 12/31/12 _____

T-shirt Size (circle one)

YL S M L XL

Fill Out Completely and Mail with Entry Fee to:

Michael deLisle, Forks of the River Race
4443 Kingston Pike, Knoxville TN 37919

Make checks payable to
The Knoxville Track Club (No refunds)

**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 Forks of the River 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, IJAMS NATURE CENTER, 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.

Athlete's Signature

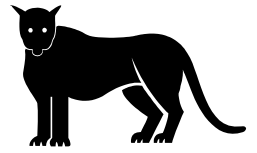
& if under 18, parent's signature

Date

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.

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. Yup, you heard me: ten bucks. Five bucks for students 14 and younger. Two KTC volunteer coupons will waive fee. Online registration available at www.ktc.org.

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: 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 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)

YL S M L XL

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

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

STALK YOUR QUARRY TRAIL RACE

DATE TIME PLACE: Sunday morning, **June 10, 2012. 9:00 am.** Starts/finishes at Ijams Nature Center in South Knoxville.

COURSE DESCRIPTION: This 7+ mile course begins in Ijams' parking lot, then explores the paths of the Nature Center. Across the road the course leads to a staggering climb up and around Meade's Quarry. Should runners actually survive the ascent and decide not to throw themselves into the quarry in abject despair, a delightfully steep downhill follows. Once back on flat ground, the course leads to more forgiving trails in the Ross Marble Quarry area, highlighted by a scramble up a steep, slippery slope. The return to the finish line features a challenging loop up the Tower Trail.

DIRECTIONS: From Interstate 40W: James White Parkway Exit (388A) to Sevier Avenue/Hillwood Drive exit. Left onto Sevier Avenue (turns into Hillwood Drive) and right onto Island Home Avenue at bottom of hill. Ijams is approximately 1 mile on the Left. **From Interstate 40E:** Hall of Fame Drive exit (389) and left (South) onto Hall of Fame Drive. Left on Hill Avenue (8th stop light). Right onto James White Parkway. Merge left onto James White Parkway, then follow directions above, getting off at Sevier Avenue/Hillwood Drive. Lat: 35.95583°N Long: -83.87318°W

REGISTRATION AND FEES: Fee: \$10.00. Yup, you heard me: ten bucks. Five bucks for students 14 and younger. Two KTC volunteer coupons will waive fee. Online registration available at www.ktc.org.

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

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 Leah Jones 865.680.8956 or leahj77@yahoo.com.

OFFICIAL 2012 STALK YOUR QUARRY TRAIL 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)

YL S M L XL

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 Stalk Your Quarry 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, THE CITY OF KNOXVILLE, KNOX COUNTY, NATIONAL HEALTH CARE, ASICS, AND IJAMS NATURE CENTER, 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, Stalk Your Quarry 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

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: This 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.

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. Yup, you heard me: ten bucks. Five bucks for students 14 and younger. Two KTC volunteer coupons will waive fee. Online registration available at www.ktc.org.

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

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 _____

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) _____

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

Birthdate Mo. ____ Day ____ Yr ____

T-shirt Size (circle one)

YL S M L XL

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 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

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

THE TRAIL THAT CAN'T BE CONCORD

DATE TIME PLACE: Saturday, July 14, 2012. 9:00 am. Starts/finishes at Concord Park in West Knoxville.

COURSE DESCRIPTION: This 8½ mile course begins in the parking lot of Concord Park, winding first through the eastern side of the park for 6½ action-packed miles of twisting, turning, climbing fun, then crosses to the western portion of the park for two more circuitous miles, finishing exactly where it started. Barrels of fun. One or two leaflets of poison ivy have been rumoured to lurk astride the course.

DIRECTIONS: Concord Park is located ½ mile west of the junction of Northshore Drive and Westland Drive. Take I-140 (Pellissippi Parkway) to Westland Drive exit (3) travel west on Westland Drive, approx. 1¼ miles, turn right on to Northshore Drive, go ½ mile to entrance on right. Those arriving by helicopter, descend rope near starting line; no helipad provided. Latitude 35.8631354 Longitude -84.1304691.

REGISTRATION AND FEES: Fee: \$10.00. Yup, you heard me: ten bucks. Five bucks for students 14 and younger. Two KTC volunteer coupons will waive fee. On line registration available at www.ktc.org.

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

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.

INFOFORRUNNINGOR VOLUNTEERING: Contact race director Michael deLisle at 865.548.4718 or mdelisle@comcast.net. More info 865.588.1650

OFFICIAL 2012 TRAIL THAT CAN'T BE CONCORD RACE ENTRY FORM

Race Number

Address _____

City _____ State _____ Zip _____

Name

Phone () _____ - _____ E-Mail Address _____

Last _____

First _____

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

Sex Circle One male female

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

Age as of 12/31/12 _____

T-shirt Size (circle one)

YL S M L XL

Fill Out Completely and Mail with Entry Fee to:

Michael deLisle, Concord Trail Race

4443 Kingston Pike, Knoxville TN 37919

Make checks payable to

The Knoxville Track Club (No refunds)

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 Trail that Can't Be Concord 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, TOWN OF FARRAGUT, 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.

Athlete's Signature

& if under 18, parent's signature

Date

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

HAW RIDGE TRAIL RACE

DATE TIME PLACE: Friday evening, **August 3, 2012. 5:30 pm. EDT.** Starts/finishes at Haw Ridge Park between Knoxville and Oak Ridge.
COURSE DESCRIPTION: This roughly seven mile loop course will take runners on a mind-bending tour of the eastern part of the park, utilizing known and unknown trails ascending and descending hills steeper than the slopes of Everest (though no snow or ice likely). Upon reaching the finish line, it is expected that runners will collapse in paroxysms of pain, delight, and oxygen deprivation. A fiesta will follow in an attempt at assuagement. Party beverages will NOT be provided but ample food will be on hand, along with water and soft drinks.
DIRECTIONS: From Knoxville, take Pellissippi Parkway to Edgemoor Drive and travel east for a mile and a quarter, turning onto Old Edgemoor Drive and following it ¼ mile to the Life Development Center. Lat: 36.009638°N, Long: -84.169044°W
REGISTRATION AND FEES: Fee: \$10.00. Yup, you heard me: ten bucks. Five bucks for students 14 and younger. Two KTC volunteer coupons will waive fee. On line registration available at www.ktc.org. Participants are encouraged to donate to Friends of Haw Ridge at registration.
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
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 HAW RIDGE TRAIL 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)

YL S M L XL

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 Haw Ridge 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, ANDERSON COUNTY, AND THE CITY OF OAK RIDGE, 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, Haw Ridge 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