



The Knoxville Track Club Proudly Presents the 11th Annual

# WHITESTONE 30K & 10K TEAM RELAY

3rd Race of the Knoxville Track Club's 2012 High Mileage Winter Series.

Calhoun's 10-Miler, Strawberry Plains Half-Marathon, & 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:** Sunday, February 26, 2012 at 8:30 am. Starts and finishes at the Whitestone Inn on Watts Bar Lake.

**WARNING**—February is WINTER in East Tennessee. Be prepared for COLD WEATHER and plan accordingly. In case of bad weather conditions, check the website at [www.ktc.org](http://www.ktc.org) or follow us on Facebook and Twitter (@knoxvilletrack).

**Directions:** From Knoxville, take I-75 South, exit 72 south of Lenoir City, Turn west on #72, go 9 miles. Turn right on Paint Rock Road, just after Hwy 322 juncture. Entrance is 4 miles on right. From I-40, exit 352 S on Hwy #58, go 6 miles to left on Hwy #72E then 5 miles to left on Paint Rock Road then 4 miles to Inn.

**Lodging:** For reservations at one of the Inn's 20 beautiful rooms, call (888)247.2464 or go to [www.whitestoneinn.com](http://www.whitestoneinn.com) (BOOK EARLY). Runners receive a 10% discount on the room rate. Be sure to mention that you are running KTC's Whitestone 30K.

**Course Description and Highlights:** Course certified: USATF #TN02001RH. A lovely, rolling, scenic, & rural course that meanders through rural Tennessee countryside. Incredible downhill start with an amazing uphill finish. *Course is open to traffic.* **Course closes after 4 hours.**

**Expected Participation/Course Records:** 200 Runners; Stewart Ellington—1:41:00 (2010); Kathy Wolski—2:10:42 (2008)

**Registration & Entry Fee:** Cost for all mail-in registration is \$45 and forms must be postmarked by February 21, 2012. No confirmations will be sent for mail-in forms. Race Day registration from 6:45—8 am at Whitestone Inn. No t-shirt option—deduct \$10. For discounts, please go to <http://www.ktc.org/RaceWhitestone.html>.

**T-shirts:** 1st quality, COOLMAX, long-sleeved. Pre-registered runners will receive shirts on race day. Late registrants as 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 three Clydesdale (male, 200 lbs+) and Athena (female, 150 lbs+). Awards to the top 4 three person teams. Overall winners not eligible for age division awards (three deep). Awards must be picked up on race morning or at Runners Market at Campbell Station on Monday, March 1. Awards will not be mailed.

**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 30K participants.

**Refreshments:** A buffet brunch provided by the Whitestone following the race. Extra tickets \$15 each.

**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. Anyone wearing headphones will be disqualified and will not be listed in the results or receive a time.

**Information:** Contact Race Director Bobby Holcombe at 865-671-4854 or [runnersmarketbob@tds.net](mailto:runnersmarketbob@tds.net) or Larry Brede at [lbrede@energysolutions.com](mailto:lbrede@energysolutions.com) or by phone at 865-621-0752.

**COURSE CLOSURES AFTER 4 HOURS**

## OFFICIAL 2012 WHITESTONE 30K & 10K TEAM RELAY ENTRY FORM

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

**Name:**

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

*First:* \_\_\_\_\_

**SEX** Circle One: Male Female

**AGE** (as of 2.27.11) \_\_\_\_\_

**Birthdate** (mo/day/yr) \_\_\_\_\_

Clydesdale/Athena Division (circle one):

200 lbs + male      150lbs+female

**Circle T-shirt Size:**

XS S M L XL XXL NO SHIRT

**FEES:**

\_\_\_\_\_ \$45—ALL Mail-in Registration

\*Discounts available at [www.raceit.com](http://www.raceit.com)

\_\_\_\_\_ Deduct \$10—NO T-SHIRT

\_\_\_\_\_ \$15—Extra Meal Ticket

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

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

KTC/Whitestone 30K

4049 Taliluna Drive, Knoxville, TN 37919

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

**NO REFUNDS**

**Like to Volunteer at future KTC Events? Check here.** \_\_\_\_\_

**I am participating in the High Mileage Winter Series.** \_\_\_\_\_ (30K ONLY)

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

**City/State/Zip:** \_\_\_\_\_ **Phone** (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

**Email address:** \_\_\_\_\_

\*Please provide valid email address for important pre-race instructions.

**In Case of Emergency, call** \_\_\_\_\_ **at** \_\_\_\_\_

**I will run 1st leg of relay AND the Full 30K.** \_\_\_\_\_

**10K Relay Team Name:** \_\_\_\_\_

I will run this leg of the relay: #1 #2 #3

**Team Competition:** OPEN \_\_\_\_\_ WOMEN'S \_\_\_\_\_ CORPORATE \_\_\_\_\_

### 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.**