

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

# WILD WEST RIDGE RUN

**DATE TIME PLACE:** Sunday 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](http://www.ktc.org). Participants are encouraged to donate to Friends of Haw Ridge at registration.

**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](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:** 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 Jerry Monroe 865.617.8065 or [jmonroe@roaneschools.com](mailto:jmonroe@roaneschools.com)

## OFFICIAL 2012 WILD WEST RIDGE RUN ENTRY FORM

Race Number  Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Name \_\_\_\_\_ Phone ( ) \_\_\_\_\_ - \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Last \_\_\_\_\_

First \_\_\_\_\_

Sex Circle One male female

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

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

T-shirt Size (circle one)

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