The 38th Annual
Townsend 15K
(Formally Wears Valley 15K)

Date, Time, & Place: Sunday, September 14, 2014 at 8:00 AM - Townsend, TN. Townsend is located about 35 miles SE of Knoxville. From Knoxville, take Alcoa Hwy (1295) through Alcoa and Maryville. In Maryville take Hwy 3215 to Townsend. Race headquarters is Trillium Cove, 101 Painted Trillium Way Townsend, TN 37882 (you will see it on the left from the highway just before the stoplight)

Course Description and Highlights: USATF certified course certified ITN07013.MS.

A lovely, scenic and challenging course that runs on backcountry roads near the Little River. First mile is flat, followed by a major hill near 2 miles. Rolling hills the rest of the way, with a flat final mile. Course closes after 2 hours - this is not a course for walkers.

Registration & Entry Fee: Cost is $30 for all mail-in entries. Mail-in entries must be postmarked no later than Wednesday, September 3, 2014. No Shirt - Deduct $5 anytime. To receive early registration and KTC member discounts, register online at ktc.org. Day of race registration fee is $40. No refunds and no transfers.

Pocket Pickup: Packet pickup and race day registration will take place at Trillium Cove in Townsend from 6:45 to 7:45 am. T-shirts: Pre-registered runners will receive short sleeved t-shirts on race day. Late Registrants will receive T-Shirts as supplies last.

Awards: Awards to top 3 Overall Male and Female, Top Masters (40+), Grandmasters (50+), Senior Grandmasters (60+) for Male and Female. Awards to the top Clydesdale (male, 200 lbs+) and Athena (female, 150 lbs+). Age Divisions will be in 5 year increments (three deep). Overall, winners not eligible for age division awards. Awards must be picked up during the awards ceremony. Age division awards will not be mailed.

Grand Prix Points: 2014 Grand Prix Points awarded at this race. Remember, to participate in the Grand Prix, runners must be a KTC Member and MUST volunteer at least three times at KTC Grand Prix events to qualify.

Refreshments: Post race refreshments will be provided for all runners and walkers.

Results: Complete results will be available on the KTC Website at www.ktc.org.

Race Etiquette: Due to insurance regulations, roller blades, scooters, bicycles, and dogs are not allowed on the course.

Headphones are strongly discouraged.

Information: Contact Race Director Pam Haggard at 865-207-6122 or pannhaggard@gmail.com or Tom Isaac at knotttrackevents@gmail.com

Course Closes after 2 Hours

Official 2014 Townsend 15K Entry Form

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 Townsend, 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 suffer 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 Track Club 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.

Date

Knoxville Track Club

NO REFUNDS & NO TRANSFERS

Presented by