

THE BAKER CREEK BLITZ



DATE TIME PLACE: Sunday, July 9, 2017. 8:00 am. (Kids Race will start at 7:30 am.) Race will start and finish at the main Baker Creek parking area on Lancaster Drive, Knoxville TN 37920.

COURSE DESCRIPTION: The very challenging 5k course will start on Baker Creek, left onto Sycamore Loop, left onto Best Medicine, bomb down Devil's Racetrack either way, and finish on Baker Creek. The easier (yes, I said easier) 10k course will also start on Baker Creek, left onto part of Sycamore Loop, left onto Red Bud Crest, across the Red Bud Road bridge and back for a short out'n'back, left onto Floyd Fox, left onto Sycamore Loop, left onto Best Medicine, right onto Pappy's Way, and finish on Baker Creek. We emphasize that the **5k course is highly challenging and should not be undertaken lightly.**

DIRECTIONS: Race staging area will be at the main Baker Creek parking area on Lancaster Drive, Knoxville TN 37920.

REGISTRATION FEE: \$15.00 for preregistration. \$10.00 for students 14 and younger. Online registration available at www.ktc.org. **NOTE: Day of Race registration \$20.00.** Maximum one volunteer coupon per person per event redeemable.

KIDS TRAIL RACE: Kids will run a rollicking course of about a mile, **starting at 7:30.**

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 trail friendly causes.

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 (five 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 the entire 2018 Treadin' Trodden Trails racing season. In order to qualify for a series award, an individual must be a current KTC member and volunteer at a minimum of three Treadin' Trodden Trails events. Point totals accrue in a maximum of eight 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: Aid and water stations will be provided, but in an effort to be greener, we require all runners to carry their own water, i.e., no cups at the aid stations. If you don't own a handheld, consider purchasing one; they're quite useful out on the trail. Otherwise a basic water bottle will be provided and special colorful and durable handheld bottleholders will be available for purchase for \$5.00. We also strongly recommend that anyone sensitive to insect stings or bites carry their own medication. Finally, we urge that everyone 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 For more info contact Treadin' Trodden Trails series director Michael deLisle 865.548.4718 or mdelisle@comcast.net

OFFICIAL 2017 BAKER CREEK BONECRUSHER BLITZ ENTRY FORM

Race Number

Address

Race

5k

10k

Kids

City

State

Zip

Name

Phone ()

-

E-Mail Address

Last

First

In case of emergency, call

at Phone ()

-

**COURSE CLOSING :
10:00 AM**

Sex - Circle One

male

female

Age (as of 12-31-17)

Birthdate Mo.

Day

Yr

T-shirt Size (circle one)

None

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 Baker Creek Blitz 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, THE STATE OF TENNESSEE, OUTDOOR KNOXVILLE, LEGACY PARKS, VISIT KNOXVILLE, KNOX COUNTY, ANY AND ALL PRIVATE LANDOWNERS UPON WHOSE LAND THE RACE MAY TREAD, AND THE CITY OF KNOXVILLE, 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, Baker Creek Blitz

1633 Helmbolt Rd

Knoxville, TN 37909

Make checks payable to

The Knoxville Track Club (No refunds)

Athlete's Signature

& if under 18, parent's signature

Date