

The Knoxville Track Club's Treadin' Trodden Trails 2017 Offroad Running Series proudly presents



HAW RIDGE TRAIL RACE

DATE TIME PLACE: Saturday afternoon, August 19, 2017. 5:30 pm. Starts/finishes at Haw Ridge Park on Edgemoor Drive near Oak Ridge TN. **KIDS RACE starts at 5:00 pm.**

COURSE DESCRIPTION: This 6-7 mile course will wind precipitously and circuitously through Haw Ridge Park, passing multiple aid stations before returning to the staging area in time for a festive postrace celebration. Party beverages will NOT be provided but ample food will be on hand, along with water and soft drinks. **Course closes 7:15 pm.**

KIDS TRAIL RUN 5:00 pm: Course will be a miniaturized version of the adult course and guaranteed to be fun!

DIRECTIONS: From Knoxville, take Pellissippi Parkway to Edgemoor Drive and travel east for a mile and a quarter, turning right onto Old Edgemoor Drive and following it 3/4 mile to the Life Development Center. Lat: 36.009638°N, Long: -84.169044°W

REGISTRATION AND FEES: Fee: \$15.00 for pre-registration and online registration. \$10.00 for students 14 and younger. KTC volunteer coupons accepted. Online registration available at www.ktc.org. Participants are encouraged to donate to Friends of Haw Ridge at registration. **NOTE:** Day of Race registration \$20.00. **KIDS RUN \$5.00 anytime (\$10 with shirt.)**

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.

RACE NUMBER PICKUP: Numbers will not be mailed. Pick up number 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 (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. Details on KTC website.

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. If you don't own a handheld, consider purchasing one. Otherwise a basic water bottle will be provided. 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 Laura Gearhiser at 865.318.0108 or lauragearhiser@hotmail.com. More info 865.548.4718

OFFICIAL 2017 HAW RIDGE TRAIL RACE ENTRY FORM

Race Number Address _____

City _____ State _____ Zip _____

Race 7 Mile Kids

Phone () ____ - ____ E-Mail Address _____

Name _____
Last _____

First _____

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

**COURSE CLOSSES
AFTER
1 HOUR
45 MINUTES**

Sex Circle One male female

Age (as of 12-31-17) _____

Birthdate Mo. ____ Day ____ Yr ____

T-shirt Size (circle one)

None YL S M L XL

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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, THE LIFE DEVELOPMENT CENTER, ANDERSON COUNTY, THE CITY OF OAK RIDGE, AND THE STATE OF TENNESSEE 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, Haw Ridge Trail Race
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