

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



I.C. King Of Trails Race



Race limited to 100 runners * Age & Gender Handicapped

DATE TIME PLACE: Sunday, October 22, 2017, 9:00 am. **KIDS TRAIL RACE 8:30 am.** Starts/finishes at the south parking lot of I.C. King Park on Alcoa Highway in Knoxville.

COURSE DESCRIPTION: This roughly 7-8 mile course starts and finishes in the south (formerly gated) parking lot of I.C. King Park. Numerous rolling hills will be encountered, along with stretches of more rhythmic singletrack along the lakeside. Water will be provided just past halfway. **Course closes 11:00 am.**

DIRECTIONS: Located off Alcoa Highway (US 129) south of Knoxville between John Sevier Highway and Maloney Road, this 190-acre county park lies on the shores of the Tennessee River. Latitude: 35.893308, Longitude: -83.950887. Race staging area is accessed through the south entrance to the Park that in the past has been gated shut; the road will be open for this event.

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. **NOTE: Day of Race registration \$20.00. Kids \$5.00 anytime (\$10 with shirt.) NO REFUNDS AND NO BIB TRANSFERS.**

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..

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.

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. **This means no cups at aid stations.** 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.

PARKING: Due to limited parking, participants are strongly encouraged to carpool. The road in and out is narrow with traffic jams almost unavoidable. Parking also available at main I.C. King parking lot north of the inlet by the railroad tracks.

INFO FOR RUNNING OR VOLUNTEERING: Contact race director Tony Owens at 865.323.3753 or tonyyikes@gmail.com. More info 865.548.4718

OFFICIAL 2017 I.C. KING OF TRAILS ENTRY FORM

Race Number

Address _____

Race 7 Mile Kids

City _____ State _____ Zip _____

Name
Last _____

Phone () _____ - _____ E-Mail Address _____

First _____

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

**COURSE
CLOSES
AFTER
2 HOURS**

Sex Circle One male female

**We reserve the right to disqualify anyone who exhibits
unsportsmanlike conduct or is abusive to volunteers!**

Age (as of 12-31-17) _____

Birthdate Mo. ____ Day ____ Yr ____

T-shirt Size (circle one)

None YL XS S M L XL

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 I.C. King of Trails 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 STATE OF TENNESSEE, KNOX COUNTY, 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, I.C. King of Trails 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