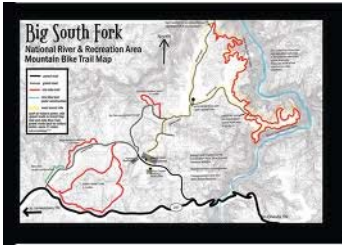


The Knoxville Track Club's Treadin' Trodden Trails 2018 Offroad Running Series proudly presents the 25th Annual

# BIG SOUTH FORK 17.5 MILE AND 10K TRAIL RACES



**DATE TIME PLACE:** Saturday, September 29, 2018, at 8:30 am (Eastern Daylight Time). Starts and finishes at the Bandy Creek Campground in the Big South Fork National River and Recreation Area.

**COURSE DESCRIPTION:** This 17.5 Mile out-and-back, loop course starts and ends at the John Litton General Slavens Trailhead. The first 1.5 miles is paved and gravel, with the balance being a single track trail. Aid stations at (roughly) 3.5, 5, 12, and 14 miles. 10k course is a loop course consisting primarily of single track trail. **Course closes 1:30 pm.**

**DIRECTIONS AND LODGING:** From Knoxville, take I-75 north to Oneida, Exit 141 (40 minutes) and follow the signs to Big South National River and Recreation Area. Proceed to the Bandy Creek Campground. Camping space is available at the Bandy Creek Campground. Reservations can be made through the NPS reservation service ([www.nps.gov](http://www.nps.gov)) at 1.800.365.CAMP. GPS coordinates for start: **36.490481, -84.700717**

**REGISTRATION AND FEES (NO REFUNDS AND NO BIB TRANSFERS):** 17.5 mile trail race: \$50. 10k trail run: \$35. All runners MUST pre-register! Mail in entries must be postmarked no later than Friday, September 15, 2017. Online registration available at [www.ktc.org/RaceBigSouthFork.html](http://www.ktc.org/RaceBigSouthFork.html) until 11:59pm September 20. KTC Members eligible for \$5 discount. Additional picnic lunches are \$10.00 each. KTC coupons valid toward fee. **NO LATE OR RACE DAY REGISTRATION.**

**SHIRTS:** Each 17.5 Mile runner will receive a limited edition long-sleeve BSF Trail Race sweatshirt. Each 10k runner will receive a long-sleeve cotton T-shirt. If you choose the no shirt option, deduct \$5 from fee for either race.

**AWARDS:** Top 3 Overall, top Masters (40+), Grandmasters (50+), Veterans (60+) for Male and Female. Awards to the top Clydesdale (male, 200 lbs+) and Athena (female, 150 lbs+). Overall winners not eligible for age division awards (three deep). Age divisions grouped in 5-year increments starting with 14—19. Treadin' Trodden Trails Grand Prix points will also be awarded for the 17.5 mile race. and half points for the 10k race.

**POST RACE CELEBRATION:** All runners are invited to a family picnic in the staging area immediately after the race. **Extra meal tickets \$10.00.**

**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:** Aid and water stations will be provided, but in an effort to be greener, we urge 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 Bobby Glenn at 865.548.7664 or [bgruns@icloud.com](mailto:bgruns@icloud.com). For more Treadin' Trodden Trails Series information, call Michael deLisle at 865.548.4718 or email [mdelisle@comcast.net](mailto:mdelisle@comcast.net). For BSF info, please call 931.879.3625.

## OFFICIAL 2018 BIG SOUTH FORK ENTRY FORM

Race Number

Address \_\_\_\_\_

Name  
Last \_\_\_\_\_

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

First \_\_\_\_\_

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

Sex - Circle One    male            female

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

Age (as of 9-29-18) \_\_\_\_\_

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

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

**COURSE CLOSSES  
AFTER  
5 HOURS**

Clydesdale/Athena (circle one)  
200 lbs+ male    150 lbs+ female

**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, Scott County, 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 be suffered 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, courtesy, and awareness of those around me. I have read this waiver carefully & understand it.

Circle Shirt Size

S   M   L   XL   XXL   No Shirt deduct \$5

Race  17.5 Mile (\$50)     10k (\$35)

Extra Picnic Lunch Tickets @ \$10  
TOTAL PAYMENT ENCLOSED

Make checks payable to  
The Knoxville Track Club (No refunds or transfers)

**Fill Out Completely and Mail with Entry Fee to:**

Michael deLisle, BSF Trail Race  
1633 Helmbolt Rd, Knoxville TN 37909

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
& if under 18, parent's signature

\_\_\_\_\_  
Date