

The Knoxville Track Club's Treadin' Trodden Trails 2018 Offroad Running Series proudly presents



NORTH BOUNDARY TRAVERSE

DATE TIME PLACE: Sunday, April 8, 2018. 3:00 pm. Staging area will be on Renovare Blvd off the Oak Ridge Turnpike at the west end of Oak Ridge, TN. **Kids Trail Mile starts 2:30 pm.**

SPECIAL SAFETY NOTE: Turkey hunting will be taking place that morning until noon. Do not venture out on the trails at all that morning or the day before. Because of the late start time, walkers should NOT attempt the

15 mile course as you will likely run out of daylight. **COURSE CLOSSES AT 7:30 PM AND SUNSET IS 8:03 PM.**

COURSE DESCRIPTION: Both the rollicking fifteen-mile course and equally fun six mile course will traverse a combination of singletrack trail and jeep road. Hills will be available whether you want them or not.

DIRECTIONS — From Knoxville: Take Pellissippi Parkway west to Oak Ridge. Go through town on Illinois Avenue and turn left onto the Oak Ridge turnpike (Hwy 95). Go about 6.1 miles to Renovare Blvd and turn right.

REGISTRATION AND FEES (NO REFUNDS AND NO BIB TRANSFERS): 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 (\$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.

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 2019 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. Starting this year, half points will be awarded for the short option race; in the past, only the long race received points.

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 handheld bottleholders will be available for purchase inexpensively. 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 Chris George at 865.223.1242 or chefchris@frontier.com. More race and Treadin' Trodden Trails series info available at 865.548.4718

OFFICIAL 2018 NORTH BOUNDARY TRAVERSE ENTRY FORM

Race Number

Address _____

Race 15 Mile 6 Mile Kids

City _____ State _____ Zip _____

Name _____
Last _____

Phone () ____ - ____ E-Mail Address _____

First _____

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

**COURSE CLOSSES
7:30 PM**

Sex Circle One male female

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

Age (as of 12-31-18) _____

Birthdate Mo. ____ Day ____ Yr ____

ATHLETE'S RELEASE: PLEASE READ, TO RUN THE RACE, YOU MUST SIGN AND DATE IT.

T-shirt Size (circle one)

None XS S M L XL
YM YL

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the North Boundary Traverse 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 CITY OF OAK RIDGE, THE STATE OF TENNESSEE, ANDERSON COUNTY, AND THE US DEPARTMENT OF ENERGY, 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, North Boundary Traverse
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