



THE KNOXVILLE TRACK CLUB'S 20TH ANNUAL



MILL HOUSE CLASSIC 15-K

"FEAST ON A GREAT POST RACE BELGIAN WAFFLE BREAKFAST"

Sunday morning, November 2, 2008, 7:00 a.m.

NO DAY OF RACE REGISTRATION - YOU MUST PRE-REGISTER!

DATE-TIME-PLACE Sunday morning, November 2, 2008. 7:00 am . Starts and finishes at the Mill House Restaurant on the Walland Highway (Little River Road) in Walland. Directions from Knoxville: south on Alcoa Highway. Beyond the airport the road forks, keep to the left on HWY#321 toward Maryville and the Smokies. This road also becomes HWY#73 on the far side of Maryville. Proceed 7.2 miles beyond Blount Memorial Hospital. Look for "Pure Pleasure XXX" and turn left. Go across the Little River, turn left again, Mill House will be on your right.

COURSE DESCRIPTION USATF Certified #TN07040MS. A lovely, scenic out and back course that runs on rural, backcountry roads along the Little River and through adjacent farm land. First 2.5 miles are flat, rolling between 2.5 and 7, flat once again between mile 7 and finish. Water stations at 2.8 and 6.5 miles.

COURSE RECORD Male: *Sammy Nyamongo 47:01* (2005) Female: Patrice Carroll 56:05, (2001).

COURSE CLOSURE Course closes after two hours. This is not a race for walkers.

REGISTRATION AND FEES Runners must preregister. Entry fee is \$20.00. KTC members eligible for a \$3.00 discount off entry fee. Four Volunteer Discount coupons accepted in lieu of race fee. We **MUST RECEIVE** your entry form no later than **Wednesday, October 29, 2008**. *No late or day of race registration.*

TEAM COMPETITION: Open and Womens Divisions, top four score in Open, top three score in Womens; awards four deep.

AWARDS Ceremony following the race. Awards to the top three overall, 1st Masters (40+) 1st Grandmasters (50+) 1st Veterans (60+), male and female. Awards to the first *Clydesdale* (male, 200 lbs.+) *Athena* (female 150 lbs.+). Overall winners and Clydesdale/Athena entries not eligible for age division awards (three deep). Awards must be picked up on raceday morning. They will not be mailed.

MALE AND FEMALE 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.

POST RACE CELEBRATION Awards ceremony and a great Belgian waffle breakfast, prepared by the Mill House Restaurant. Meal tickets for spectators available at \$10 each. See entry form below for extra meal ticket information.

RESULTS Complete results will be posted on the KTC web page www.ktc.org.

INFORMATION Contact Race Director John Barrow 865-982-3879 or e-mail barrowjh@att.net.

OFFICIAL 2008 MILL HOUSE CLASSIC 15K ENTRY FORM

Race Number

Address _____

Name

City _____ State _____ Zip _____

Last

Phone (____) _____ - _____

First

E-mail Address _____

Sex Circle one:

male

female

Teams: Open _____ Womens _____

Age (as of 11-02-08) _____

Team Name _____

Birthdate (month) _____ (day) _____ (year) _____

In case of emergency, call _____ at phone _____

Clydesdale/Athena (Circle one if applicable)

200+ lbs. male

150+ lbs. female

Extra meal tickets _____ (number) @ \$10 each = _____

KTC Membership \$3.00 Discount

4 KTC Vol. Discount Coupons Accepted

*KTC Volunteer Spirit at its Finest: "Run three races, work or volunteer at One"
If you're willing to volunteer at some future KTC race, please check here _____*

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 MILLHOUSE CLASSIC ROADRACE 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 THE KNOXVILLE TRACK CLUB, MILLHOUSE RESTAURANT 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:

Angie Manis/Millhouse Classic 15K

8419 Carter Mill Rd.

Knoxville, TN 37914

Make checks payable to

The Knoxville Track Club (No refunds)

Athlete's Signature

& if under 18, parent's signature

Date