



The Knoxville Track Club Proudly Presents the 33rd Annual WEARS VALLEY 15K ROADRACE



Due to insurance regulations, roller blades, strollers, bicycles, and dogs will not be allowed on the course. Use of earphones, headsets strongly discouraged.

DATE TIME PLACE Sunday morning, September 13, 2009, 8:00 a.m. in Townsend, TN. Townsend is located about 35 miles SE of Knoxville. From Knoxville, take the Alcoa Highway (Hwy 129) to HWY 321 into Alcoa, Maryville, and Townsend. Race headquarters is the Townsend Visitors Center on HWY 321.

COURSE DESCRIPTION USATF certified. A lovely, scenic, and challenging course that runs on backcountry roads near the Little River. First two miles are flat. Major hill between miles two and three. Rolling hills between three and eight with a flat stretch near mid point. Last mile mostly downhill. Race start and finish is behind Trailhead Steakhouse on River Rd. (cross Hwy 321 from Townsend Visitors Center).

COURSE RECORD Male: Marty Sonnenfeldt 47:00 (1988) Female: Susan Shipley 54:03 (1987).

COURSE TIME LIMIT Course closes after two hours. This is not a course for walkers.

REGISTRATION AND FEES Runners may pre-register or sign up the morning of the race from 6:45 until 7:30 a.m. at race headquarters at the Townsend Visitors Center on Hwy 321. Pre-registration fee (postmarked by Friday, September 4th, 2009) \$15.00. Late registration (including day of race) \$20.00. KTC pre-registered runners eligible for a \$3.00 discount off entry fee. Three Volunteer Discount coupons accepted in lieu of race entry fee (pre-registration only). No discount on race day. Deduct \$5.00 for no t-shirt option.

T-SHIRTS First Quality 100% cotton. Pre-reg. runners receive shirts on race day. Race day registrants, as supplies last or at later date.

AWARDS Ceremony following the race. Awards to the top three overall, 1st Masters (40+) 1st Grandmasters (50+), & 1st Veterans (60+) male and female. 1st place Clydesdale (200+ lbs. male) and Athena (150+ lbs. female). Other awards three deep in the following age divisions - MALE & FEMALE: 14-19, 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+.

Overall winners not eligible for age division awards. Awards must be picked up by winners. They will not be mailed.

TEAM COMPETITION Open, Corporate, Women's Divisions. Awards for the team competition will be four deep. The top four team members score in Open and Corporate Divisions, top three members score in Women's Division. Membership in KTC not necessary; no additional costs other than individual entry fees. Teams MUST pre-register.

POST RACE CELEBRATION An assortment of good things to eat and drink.

LODGING For a complete listing of available lodging in the Townsend area, please visit www.townsendvisitorscenter.com.

INFORMATION Contact Race Director Pam Parkinson at (865) 207-6122, or pamela.parkinson@att.net.

RACE ETIQUETTE We reserve the right to disqualify anyone who displays unsportsmanlike conduct.

OFFICIAL 2009 WEARS VALLEY 15K ENTRY FORM

Race Number

Address _____

Name

City _____ State _____ Zip _____

Last

Phone (____) ____-____

First

E-mail Address _____

Sex: Circle one: male female

TEAM Competition: Open _____ Women's _____

Age (as of 9-13-2009) _____

Team Name _____

Birthdate m. ____ d. ____ y. ____

Clydesdale/Athena Div (circle one if appropriate)
200 lbs.+ male 150 lbs.+ female

In case of emergency, call _____ at phone _____

T-shirt Size (circle one) S M L XL

No shirt option, please check here

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.

KTC MEMBER \$3.00 Pre. regist. Discount
3 KTC Volunteer Discount Coupons Accepted

ATHLETE'S RELEASE: PLEASE READ. TO RUN THE RACE, YOU MUST SIGN AND DATE. I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the WEARS VALLEY 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, PRESTON AVIATION, Townsend Visitors Center 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:

Pam Parkinson / Wears Valley 15K
633 Golden Harvest Rd.
Knoxville, TN 37934

Make checks payable to
Knoxville Track Club (No Refunds)

Athlete's Signature

& if under 18, parent's signature

Date