

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



# DARK HOLLOW WALLOW

**DATE TIME PLACE:** Sunday afternoon, **March 12, 2017. 2:00 pm.** **KIDS RACE starts at 1:30 pm.** Starts/finishes at Big Ridge State Park on state highway 61 between Norris and Maynardville.

**COURSE DESCRIPTION:** The eleven mile course delves into long forgotten, mud-slogged crevasses thought to be haunted by haints, demons, banshees, phantoms, and poltergeists. There be hills. A shorter but similarly challenging five-mile course will also be offered, and a Kids Trail Mile will precede the main race at 1:30 pm. Trail series Grand Prix

points, however, will only be awarded for the 11-mile race.

**DIRECTIONS:** Take I-75 to exit 122, then follow Highway 61 east for approximately 12 miles. Park entrance is on the left. GPS junkies, look for 1015 Big Ridge Park Rd, Maynardville, TN 37807. Latitude, Longitude: 36.243240, -83.930417

**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](http://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.

**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 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](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 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 Bobby Glenn 865.548.7664 or [bgruns@icloud.net](mailto:bgruns@icloud.net). More info 865.548.4718

## OFFICIAL 2017 DARK HOLLOW WALLOW ENTRY FORM

Race Number

Address \_\_\_\_\_

Race  11 Mile  5 Mile  Kids

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

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

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

First \_\_\_\_\_

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

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 S M L XL  
Youth M Youth L

### 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 Dark Hollow Wallow 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, BIG RIDGE STATE PARK, THE STATE OF TENNESSEE, UNION COUNTY, AND THE CITY OF MAYNARDVILLE, 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, Dark Hollow Wallow 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