

The Knoxville Track Club's Treadin' Trodden Trails 2017 Offroad Running Series proudly presents
DIRTY SOUTH TRAIL HALF AND DIRTY DOUBLE TRAIL MARATHON

DATE TIME PLACE: Sunday, February 12, 2017, 9:00 am. Starts/finishes at Ijams Nature Center, 2915 Island Home Avenue, Knoxville TN 37920
COURSE DESCRIPTION: 13.1 mile and 26.2 mile courses traverse the Forks of the River Wildlife Management Area, William Hastie Park, Marie Myers Park, Ross Marble Quarry, Ijams Nature Center, Baker Creek Preserve, and other haunts of the beautiful Urban Wilderness Corridor of South Knoxville. **Marathon course has a 7 hour time limit.**

DIRECTIONS: *From Interstate 40W:* James White Parkway Exit (388A) to Sevier Avenue/Hillwood Drive exit. Left onto Sevier Avenue (turns into Hillwood Drive) and right onto Island Home Avenue at bottom of hill. Ijams is approximately 1 mile on the Left. *From Interstate 40E:* Hall of Fame Drive exit (389) and left (South) onto Hall of Fame Drive. Left on Hill Avenue (8th stop light). Right onto James White Parkway. Merge left onto James White Parkway, then follow directions above, getting off at Sevier Avenue/Hillwood Drive. Lat: 35.956185N Long: -83.867174°W

HALF MARATHON REGISTRATION FEE: \$20.00 for preregistration. \$10.00 for students 14 and younger. KTC volunteer coupons accepted. Online registration available at www.ktc.org. **NOTE:** Day of Race registration \$30.00.

DIRTY DOUBLE REGISTRATION FEE: \$40.00 for preregistration. KTC volunteer coupons accepted. Day of Race registration available for \$50.00 **but you will not be guaranteed a finisher shirt. PREREGISTRATION FOR THE MARATHON CLOSSES FEBRUARY 5. NO EXCEPTIONS. If your registration is submitted after that date, you will be officially signed up but not guaranteed a finisher's 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 DIRTY DOUBLE FINISHER SHIRT: An even more special edition finisher's tech shirt will be presented to **PREREGISTERED** marathon finishers ONLY. This is sure to be a collector's item and will likely compel many runners to select the full marathon distance. Only runners who preregister will receive a shirt; other marathon runners can receive a Treadin' Trodden Trails series shirt if they have not already received one at another TTT event

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

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 aid stations. If you don't own a handheld, consider purchasing one. 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 Ken Lonseth at 865. 851.4508 or kenlonseth@gmail.com. More information 865.548.4718

OFFICIAL 2017 DIRTY SOUTH ENTRY FORM

Race Number

Address _____

Race

Half

Dirty Double

City _____

State _____

Zip _____

Name

Last _____

Phone () _____ - _____

E-Mail Address _____

First _____

In case of emergency, call _____

at Phone () _____ - _____

**COURSE
CLOSSES
4:00pm**

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

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 Dirty South Trail Half and Dirty Double Trail Marathon 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, TVA, TWRA, THE STATE OF TENNESSEE, KNOX COUNTY, THE CITY OF KNOXVILLE, ANY AND ALL PRIVATE LANDOWNERS UPON WHOSE LAND THE RACE MAY TREAD, 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, Dirty South Trail Races
 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