

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



LAKESHORE TRAIL TREK

DATE TIME PLACE: Sunday morning, April 9, 2017. 9:00 am. Starts/finishes on the TVA East Lakeshore Trail System at the west end of Glendale Community Road,, Greenback, TN 37742.

COURSE DESCRIPTIONS: The sixteen mile out and back course will start and finish at Glendale. It will run north using the Davis Ferry, Baker Hollow and Canal trails. The shorter course option will also start on the Davis Ferry Trail and turn around at Baker

Hollow, traversing just over 10k. Both courses with be satisfyingly hilly.

DIRECTIONS: From Knoxville head south on 129 (Alcoa Highway) toward the airport. At the split after the airport, stay right on 129. Turn right onto 321 (Lamar Alexander Parkway) for 12.7 miles, then turn left onto TN95 South for ¾ mile. Turn right onto Glendale Community Road for about a mile and a half, where you will reach the staging area. Latitude 35.727841 N, Longitude -84.231491 W

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. **NOTE:** Day of Race registration \$20.00.

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.

RACE NUMBER PICKUP: Numbers will not be mailed. Pick up number at race site 30-90 minutes before the start.

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, hillsides, 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. Details on KTC website.

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 Kathy Smith 865.806.5999 (momexample@gmail.com). More info 865.548.4718

OFFICIAL 2017 LAKESHORE TRAIL TREK ENTRY FORM

Race Number Address _____

Race 16 Mile 6 Mile City _____ State _____ Zip _____

Name _____ Phone () ____ - ____ E-Mail Address _____
Last _____

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

**COURSE CLOSSES
AFTER
4½ HOURS**

Sex Circle One male female

Age (as of 12-31-17) _____

Birthdate Mo. ____ Day ____ Yr ____

T-shirt Size (circle one)
None S M L XL

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unsportsmanlike conduct or is abusive to volunteers!**

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 Lakeshore Trail Trek 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, LOUDON COUNTY, THE STATE OF TENNESSEE, AND TVA of 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, Lakeshore Trail Trek
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