



HAW RIDGE TRAIL RACE

DATE TIME PLACE: Saturday afternoon, August 11, 2018. 5:30 pm. Starts/finishes at Haw Ridge Park on Edgemoor Drive near Oak Ridge TN. **KIDS RACE starts at 5:00 pm.**

COURSE DESCRIPTION: This 6-7 mile course will wind precipitiously and circuitously through Haw Ridge Park, passing multiple aid stations before returning to the staging area in time for a festive postrace celebration. Party beverages will NOT be provided but ample food will be on hand, along with water and soft drinks. **Course closes 7:15 pm.**

KIDS TRAIL RUN 5:00 pm: Course will be a miniaturized version of the adult course and guaranteed to be fun!

DIRECTIONS: From Knoxville, take Pellissippi Parkway to Edgemoor Drive and travel east for ¾ mile and park either in the parking lot near the registration area or across the road. Be careful crossing Edgemoor Drive; they go fast!

REGISTRATION AND FEES (NO REFUNDS OR BIB TRANSFERS): 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. Participants are encouraged to donate to Friends of Haw Ridge at registration. **NOTE:** Day of Race registration \$20.00. **KIDS RUN \$5.00 anytime (\$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, 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 2019 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. If you don't own a handheld, consider purchasing one. Otherwise a basic water bottle will be provided. 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 Jerry Monroe 865.617.8065 or jmonroe@roaneschools.com For more info contact Treadin' Trodden Trails series director Michael deLisle 865.548.4718 or mdelisle@comcast.net

OFFICIAL 2018 HAW RIDGE TRAIL RACE ENTRY FORM

Race Number

Address _____

Race 7 Mile

Kids

City _____ State _____ Zip _____

Name _____
Last _____

Phone () ____ - ____ E-Mail Address _____

First _____

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

**COURSE CLOSSES
AFTER
1 HOUR
45 MINUTES**

Sex Circle One male female

Age (as of 12-31-18) _____

Birthdate Mo. ____ Day ____ Yr ____

T-shirt Size (circle one)

None XS S M L XL
Youth Med Youth Large

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unsportsmanlike conduct or is abusive to volunteers!**

Fill Out Completely and Mail with Entry Fee to:

Michael deLisle, Haw Ridge Trail Race
1633 Helmbolt Rd, Knoxville TN 37909

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 Haw Ridge Trail Race 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, THE LIFE DEVELOPMENT CENTER, ANDERSON COUNTY, THE CITY OF OAK RIDGE, AND THE STATE OF TENNESSEE 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.

Make checks payable to
The Knoxville Track Club (No refunds)

Athlete's Signature

& if under 18, parent's signature

Date