

The Knoxville Track Club's Treadin' Trodden Trails 2018 Offroad Running Series proudly presents

NORRIS ULTRA DAM HARD TRAIL RACE



DATE TIME PLACE: Saturday morning, November 10, 2018, at 7:00am. Norris Dam State Park, Norris, TN.

COURSE DESCRIPTION: Both race options will take place on single track trails and jeep roads spanning across both the Norris Dam State Park and Norris Municipal Watershed areas. The course will have multiple aid stations that are easily accessible by road for spectators and people supporting their runners. The 25k option will have a 4 hour time limit and the 50k option will have a 9 hour time limit, with runners required to reach halfway within 4 hours to be allowed to go back out.

DIRECTIONS: From Knoxville: Take I-75 north to exit 122. Turn right off exit towards Norris. From the top of the exit ramp, go 1.4 miles, then turn left on Hwy 441/Norris Freeway. Go about 4.8 miles, then when you approach the dam, turn right at the

Norris State Park cabin/campground. Go up the hill about a quarter of a mile to the 2nd pavilion on your right. Latitude, Longitude: 36.224296, -84.084003
ACCOMMODATIONS: Norris Dam State Park has two campgrounds available with water and electric hook-up and dump stations. Norris Dam State Park also has very nice Rustic cabins and Deluxe Cabins available. Check the Norris Dam State Park website for details. There are additional lodging accommodations at Exit 122 at I-75 and Andersonville Hwy 61 junction.

REGISTRATION AND FEES: Preregistration fee for 25k is \$30 and for 50k is \$50. Day of race registration for 25k is \$40, and 50k is \$60. **Preregistration for the 50k closes at midnight on Thursday, November 1 and at midnight on Thursday, November 8 for the 25k.** Those who wish to run the 50k after the cutoff date can still register day of race; the early cutoff is to ensure that preregistrants receive their finishers shirts in desired sizes.

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 FINISHER SHIRT: An even more special edition finisher's shirt will be presented to **PREREGISTERED 50K finishers ONLY.** This is sure to be a collector's item. Only runners who preregister will receive a shirt; runners can also receive a Treadin' Trodden Trails series shirt if they have not already received one at another TTT event.

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 Rebecca Holder at rebeccaholder@knology.net or Doug Holder at southernskies@knology.net. More information contact Michael deLisle at mdelisle@comcast.net or call 865.548.4718.

OFFICIAL 2018 NORRIS ULTRA DAM HARD TRAIL RACE ENTRY FORM

Race Number

Address _____

Race 25k 50k

City _____ State _____ Zip _____

Name
Last _____

Phone () ____ - ____ E-Mail Address _____

First _____

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

COURSE CLOSES
25k closes 11:00 am
50k closes 4:00 pm

Sex Circle One male female

We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers!

Age (as of 12-31-18) _____

Birthdate Mo. ____ Day ____ Yr ____

ATHLETE'S RELEASE: PLEASE READ, TO RUN THE RACE, YOU MUST SIGN AND DATE IT.

T-shirt Size (circle one)

None XS S M L XL

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the Norris Dam Hard 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, ANDERSON COUNTY, THE CITY OF NORRIS, NORRIS DAM STATE PARK, 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, Norris Ultra Dam Hard Trail 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