

SHARPS RIDGE SCUTTLE



DATE TIME PLACE: Saturday, June 9, 2018. 8:00 am. (Kids Race will start at 7:30 am.) Race will start and finish at Lincoln Park Technology and Trade Center, 535 Chickamauga Avenue, Knoxville TN 37917.

COURSE DESCRIPTION: 6 mile course will start with a very short stretch on a paved road before heading into the park for serious fun on very delightful trails.

DIRECTIONS: Race staging area will be at Lincoln Park Technology and Trade Center, 535 Chickamauga Ave, Knoxville, TN 37917.

REGISTRATION FEE (NO REFUNDS AND NO BIB TRANSFERS): \$15.00 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 \$20.00.**

KID STRAIL RACE: Kids will run a rather hilly course of about a mile, starting at 7:30. Start and finish at base of trailhead rather than at school, but race signup and staging area will be at Lincoln Park Technology and Trade Center.

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 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.

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 Stephanie Johnson at 865.661.8821 or stephj1963@aol.com. More info 865.548.4718

OFFICIAL 2018 SHARPS RIDGE SCUTTLE ENTRY FORM

Race Number

Address _____

Race 6 Mile Kids

City _____ State _____ Zip _____

Name _____
Last _____

Phone () _____ - _____ E-Mail Address _____

First _____

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

**COURSE CLOSES
9:45 AM**

Sex - Circle One male female

Age (as of 12-31-18) _____

Birthdate Mo. ____ Day ____ Yr ____

T-shirt Size (circle one)

None S M L XL
YM YL

We reserve the right to disqualify anyone who exhibits 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 Sharps Ridge Scuttle 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 STATE OF TENNESSEE, KNOX COUNTY, KNOX COUNTY SCHOOLS, ANY AND ALL PRIVATE LANDOWNERS UPON WHOSE LAND THE RACE MAY TREAD, AND THE CITY OF KNOXVILLE, 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. An additional waiver will be need to signed upon pickup of race number.

Fill Out Completely and Mail with Entry Fee to:

Michael deLisle, Sharps Ridge Scuttle
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