

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

# Beatin' a Hastie Retreat



**DATE TIME PLACE:** Sunday, July 8, 2018. 8:00 am. Starts/finishes at Anderson Head Start Anderson-South Head Start (formerly Anderson School) at 4808 Prospect Road, Knoxville 37920. **KIDS RACE 7:30 am.**

**COURSE DESCRIPTION:** This roughly 10 mile trail race will travel a circuitous route in and among the wooded environs of Knoxville's Urban Wilderness in the William Hastie Natural Area and Marie Myers Park. A shorter, 5 mile option will also be offered with half Grand Prix points awarded. Kids will run a rather hilly course of about a mile. **Course closes 10:30 am.**

**DIRECTIONS:** From I-40, take James White Parkway south across South Knoxville Bridge and continue to its terminus at Sevierville Pike/Moody Avenue. Turn right and travel to Chapman Highway, then turn left and travel 2¼ miles to Lindy Avenue and turn left. Go a little over ½ mile to Sevierville Pike and turn left, then right on Centeroak. Make another quick left onto Prospect and travel about a hundred yards to school. Parking is at school or in the church parking lot at the corner of Sevierville Pike and Prospect. Latitude: 35.928971, Longitude -83.866303

**REGISTRATION AND FEES (NO REFUNDS OR BIB TRANSFERS) :** Fee: \$15.00 for preregistration and online registration. \$10.00 for students 14 and younger. KTC volunteer coupons accepted. Online registration - www.ktc.org. **NOTE: Day of Race registration \$20.00. Kids \$5.00 (\$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.

**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. 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 Michael deLisle 865.548.4718 or mdelisle@comcast.net

## OFFICIAL 2018 BEATIN' A HASTIE RETREAT ENTRY FORM

Race Number

Address \_\_\_\_\_

Race  10 Mile  5 Mile  Kids

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Name \_\_\_\_\_  
Last \_\_\_\_\_

Phone ( ) \_\_\_\_\_ - \_\_\_\_\_ E-Mail Address \_\_\_\_\_

First \_\_\_\_\_

In case of emergency, call \_\_\_\_\_  
at Phone ( ) \_\_\_\_\_ - \_\_\_\_\_

**COURSE  
CLOSES  
10:30 AM**

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 \_\_\_\_

T-shirt Size (circle one)

None XS S M L XL  
YM YL

### 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 Beatin' a Hastie Retreat 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 STATE OF TENNESSEE, KNOX COUNTY, 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.

Fill Out Completely and Mail with Entry Fee to:

Michael deLisle, Hastie Retreat  
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