



*Touring Knoxville's
greenways east to west*

Start: Sunday, October 11, at 3:00 p.m., Morningside Park at the Alex Haley statue.

Finish: Bearden Elementary School on Kingston Pike (the course closes at 6:00 p.m.)

Race description: A 15K (9.3-mile) race for runners entirely on Knoxville's greenways. Unlike most races, wearing headphones or ear buds is encouraged on this course!

Walk: 5k Walk from the Alex Haley Statue to World's Fair Park completely on greenways and with only ONE street crossing!

Entry fee: \$20 includes entry to the race or walk, t-shirt, transportation back to the start and the post-race party with food. **Early registration is due October 1. Late registration is \$25.**

T-shirts: Short-sleeve, dri-fit t-shirts to all participants. Shirts run in men's sizes.

Registration: online at <http://www.crossknox.edgereg.com>, by mail or in person on race packet pick-up day or on day of the event.

Race packet pick-up: Friday, October 9, 5 p.m.–7 p.m. at Tyson Park; Sunday, October 11, 1:00 p.m. - 2:30 p.m. at Morningside Park.

Information: E-mail bschohl@usit.net or call 865-687-4617.

Family and friends viewing sites: Ned McWherter Park, Volunteer Landing, and Tyson Park.

Awards: male/female top three overall, first masters, grandmasters, veterans, Clydesdale/Athena; age-group winners (top three).

Door prizes: All participants are eligible to win door prizes donated by local merchants.

Parking: Participants and volunteers will need to park at the Regency Business Plaza on Hill Ave. (one block from race start).

Transportation back to Morningside Park: Buses will transport runners from Bearden Elementary and walkers from World's Fair Park to Morningside Park from 4:00 p.m. until 6:30 p.m.

Post-race party: At Morningside Park following the race, enjoy refreshments, door prizes and the awards ceremony.

The awards ceremony will begin approximately 5:30 p.m.

Warnings: The greenways cross traffic at a few points along the course—although course monitors will be escorting runners and walkers at those points, keep an eye out for traffic. Also, wooden decking along the greenways can become slick from rain or dew, so proceed carefully along these areas.

Web site: www.cityofknoxville.org/recreation/crossknox.asp for course map, hotel accommodations, and much more!

2009 CROSSKNOX 15K RACE ENTRY FORM

Name: _____

Circle one: Male Female Circle one: 15K Run 5K Walk

Age: _____ Date of birth: ___/___/___

Clydesdale: 200+ lbs/male _____ Athena: 150+ lbs./female _____

Circle T-shirt size: Small Medium Large X-Large 2X-Large

Address: _____

City/State/Zip: _____

Phone: _____

E-mail: _____

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

To run or walk the 2009 CrossKnox 15K, you must read, sign, and date this release:

I understand that running, walking, and/or volunteering in races is a potentially hazardous activity. I should not enter or walk/run in the CrossKnox 15K 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 race/walk. I assume all risks associated with running, walking, and/or volunteering in the CrossKnox 15K, including but not limited to falls, contact with other participants, the effects of weather (including heat, humidity, snow, ice), the condition of the greenway 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 the acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release, The City of Knoxville, The Knoxville Track Club, and all sponsors, their representatives, and successors from all claims or liability of any kind arising out of my participation in the CrossKnox 15K, even if that liability arises out of negligence or carelessness on the part of the persons named in this release or otherwise associated with the event. I also grant permission to all the foregoing to use any photograph, motion picture, recording, or any other record of this event for any legitimate purpose.

Athlete's signature _____ Date _____

If athlete is under 18, parent's signature _____

Make checks payable to "City of Knoxville." Send entry form with fee to:

**FEES: \$20 until Thursday, October 1, 2009
\$25 after October 1, 2009**

CrossKnox 15K Race/5K Walk
City of Knoxville Parks & Rec.
City County Bldg, 400 Main St.
Knoxville, TN 37902