

Runners Market and Friends of Haw Ridge Present:

HAW RIDGE TRAIL RACE

Friday, August 6, 2004 5:30 p.m.

Haw Ridge Park, Oak Ridge, TN

Participation is limited to 100 runners. Some training is suggested for this demanding course. Participants must be 18 years of age or older. And yes, it will be **HOT AND HUMID!!**

COURSE: Course length is about seven miles. The race will start and finish near the Anderson County Life Development Center on Old Edgemoor Road, at the north side of Haw Ridge Park. Trails are all packed dirt with exception of a short paved section at the start/end. Expect plenty of rocks, roots, and ruts. The course includes scenic and relaxing trails along the shore of Melton Hill Lake, **steep climbs, and descents**. Trail footing varies considerably. More information can be found on the Friends of Haw Ridge (FOHR) web site, www.cs.utk.edu/~dunigan/fohr. Some water will be available at the start but it is strongly recommended to bring/carry your own.

REGISTRATION: Early registration is \$12 (must be postmarked by 7/31/04). Late registration is \$15. You may register at Runners Market until 8/4/04 (late fee in effect after 7/31/04). You may also register on race day at the race site 4:00-5:00 p.m. (\$15). Entry forms are available at Runners Market, the Friends of Haw Ridge (FOHR) web site, www.cs.utk.edu/~dunigan/fohr, and the Knoxville Track Club (KTC) website, www.ktc.org. All pre-registered runners receive t-shirt and other items on race day. Late registrants receive shirts as supplies last or at a later date. **NO T-SHIRT OPTION SUBTRACT \$5.00 FROM ENTRY FEE.**

AWARDS: Each finisher will receive a finisher's award.

PARKING: Parking will be available at the Life Development Center at the end of Edgemoor Road.

DIRECTIONS: From I-75/40 in Knoxville, take Hwy. 162 (Pellissippi Parkway) toward Oak Ridge. Travel seven miles on 162, cross over Clinch River (Melton Hill Lake), and exit onto Edgemoor Road. Travel 1.5 miles on Edgemoor Road, take the first right onto Old Edgemoor Road, directly across the entrance to the Park Meade golf course. Go to the end of Old Edgemoor Road.

RESULTS: Results will be available at Runners Market, and the FOHR and KTC web sites.

For more information, or to volunteer, please contact the race director, Kevin Pack, at (865) 588-1650, or runnersmarket@nxs.net.

2004 HAW RIDGE TRAIL RACE ENTRY FORM

Fill out completely and mail with entry fee to: Runners Market, 4443 Kingston Pike, Knoxville, TN 37919. Make checks payable to Runners Market. **NO REFUNDS.**

RACE NUMBER (official use only): _____

NAME: _____ AGE (as of 8/6/04): _____ Birth date (m/d/y) _____

SEX (Circle): M F PHONE: (____) _____ EMAIL _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

Circle T-shirt size S M L XL No shirt option – please check here _____

Release - please read. To run the race, you must sign and date.

I know that running is a potentially hazardous activity. 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 in the Haw Ridge Trail Race, including but not limited to: falls, the effects of weather including high heat or humidity, the condition of the race course, 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 the City of Oak Ridge, Runners Market, Friends of Haw Ridge, and Anderson County Life Development Center, 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 Haw Ridge Trail Race, 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.

Signature _____ Date _____