



Date, Time, & Place: Friday, April 23, 2010 at 8:30 pm at Market Square in Downtown Knoxville. Kids Fun Run will start at 6 pm and will not be timed. Participants must finish by 6:30 pm. The 1 Mile Competitive Race will begin at 8:30 pm immediately following the Dogwood Arts Parade. Men's Open wave starts at 8:30 pm; Women's Open Wave starts at 8:45 pm; Women's Elite Wave starts at 9 pm and Men's Elite Wave starts at 9:15 pm. To qualify for the Elite wave, Females must run a 6 minute pace or faster and Men must run a 5 minute pace or faster.

Course Description and Highlights: Course will be USATF certified. Will run completely in Downtown Knoxville.

Registration & Entry Fee: Early—\$15 through April 16, 2010. Late and Race Day—\$20. Kids Fun Run: Early—\$10 through April 16, 2010. Late and Race Day—\$15. Race day registration will take place at Market Square beginning at 5:30 pm until 8 pm.

Parking: Free parking is available in the Market Square Garage, located at the corner of Walnut Street and Wall Avenue, and the State Street Garage, located at the corner of State Street and Clinch Avenue.

T-shirts: 1st quality, short-sleeved. Pre-registered runners will receive shirts on race day. Late registrants as supplies last.

Awards: Kids will receive a special prize for completing the Kids Fun Run (not timed). Awards for the Top 3 Male and Female in each age division including 13—18, 19—29, 30—39, 40—49, 50—59, 60—69, 70—79, and 80+.

Party on the Square: Pre and Post race festivities on Market Square will include live music and refreshments. All participants over 21 years old will receive one free beer. Please bring your valid ID to receive your armband. Additional armbands can be purchased for \$1. Party on the Square will end at 11 pm.

Results: Compete results will be available on the KTC Website at www.ktc.org.

Race Etiquette: Due to insurance regulations, roller blades, strollers, bicycles, and dogs are not allowed. Headphones are strongly discouraged.

Information: Go to www.dogwoodarts.com or www.ktc.org for more information. Produced in partnership with Young Professionals of Knoxville.

DOGWOOD RUN SERIES

Join us for the PetSafe Village Dogwood Classic 5K Run/Walk and Dogwalk on Saturday, April 24, 2010 at 8 am. Participate in both races as part of the Dogwood Run Series. Prizes for the overall male and female (best times) and random prize drawings for all participants. Check here if you plan to run the Dogwood Series. _____



OFFICIAL 2010 COVENANT HEALTH DOGWOOD MILE ENTRY FORM

Race Number _____

Name:

Last: _____

Address: _____

First: _____

City/State/Zip: _____

SEX Circle One: Male Female

AGE (as of 4.23.10) _____

Phone (____) ____ - ____ **Email address:** _____

Birthdate (mo/day/yr) _____

In Case of Emergency, call _____ at _____

*Must be at least 7-years-old to participate

CHOOSE ONE: Kids Fun Run _____ **1 Mile OPEN** _____ **Elite** _____

Circle T-shirt Size:

Elite Only—Qualifying Time: _____

S M L XL XXL

*Qualifying Times: Men—5 minute pace or faster; Women—6minute pace or faster

FEES:

_____ \$10 Early—Kids Fun Run (thru 4.16.10)

_____ \$15 Late or Race Day—Kids Fun Run

_____ \$15 Early—1 Mile (thru 4.16.10)

_____ \$20—Late or Race Day—1 Mile

_____ \$1 Additional Armband

_____ Total Included

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 Covenant Health Dogwood Mile 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 THE DOGWOOD ARTS FESTIVAL, THE KNOXVILLE TRACK CLUB OR 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.

Please Fill out completely and mail to:

Dogwood Mile

4049 Taliluna Ave, Knoxville, TN 37919

Make Checks Payable to:

Dogwood Arts Festival

NO REFUNDS

Athlete's Signature _____

&If under 18, parent's signature _____

Date _____

We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers. Headphones are strongly discouraged at this event.