



KNOXVILLE 2019

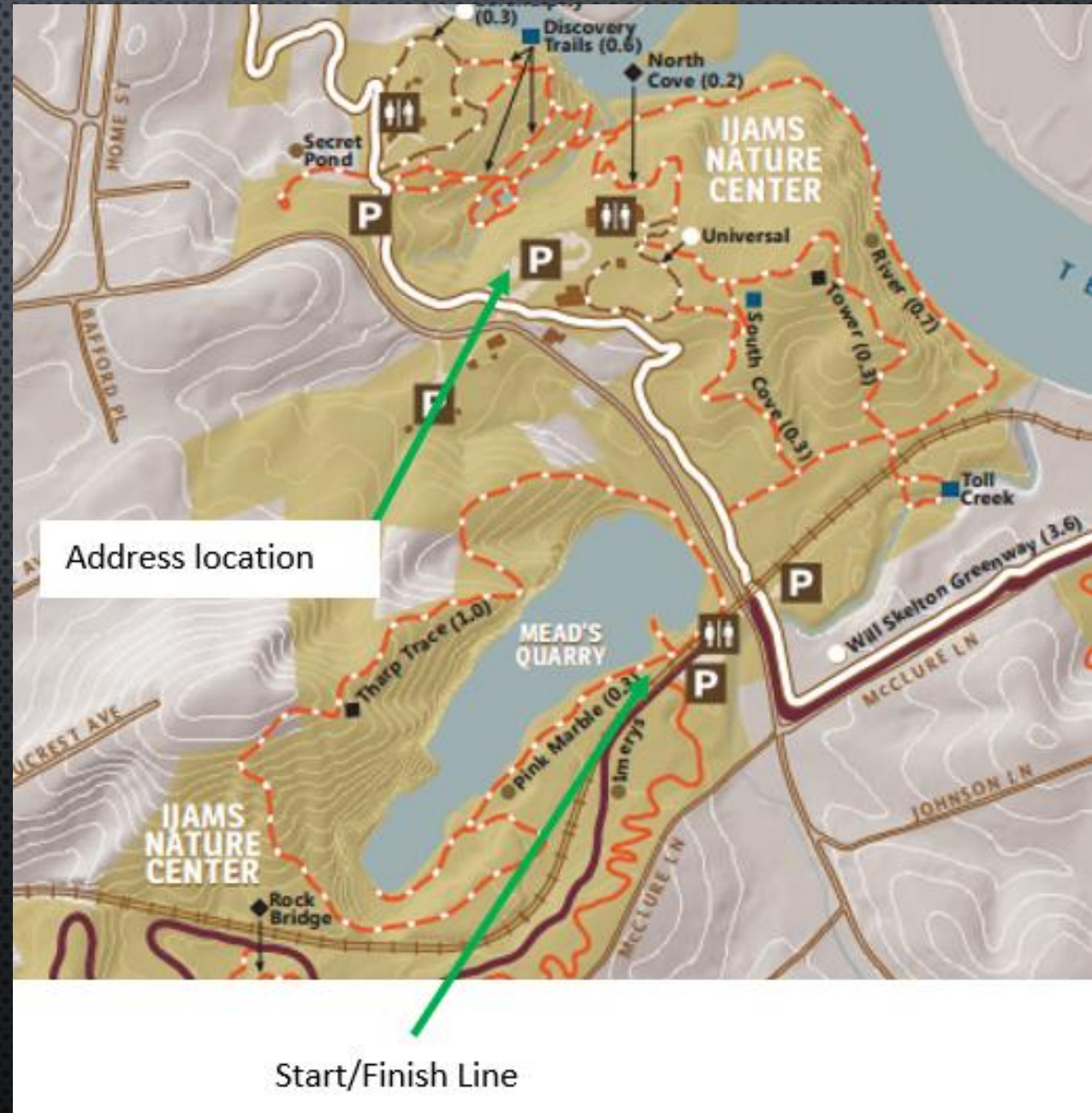
ATHLETE GUIDE

SCHEDULE OF EVENTS

- 7/20/2019
 - PACKET PICKUP BEGINS 6:50 PM – 8:40 PM (PLEASE NOTE THE END TIME FOR PACKET PICKUP)
 - BAND BEGINS PLAYING 7:30 PM
 - PRE-RACE ATHLETE ANNOUNCEMENTS 8:50 PM
 - RACE STARTS -9:00 PM
 - WAVE 1 9:00 PM
 - WAVE 2 9:03 PM
 - WAVE 3 9:06 PM
 - MOONSHINE BEGINS POURING 9:18 PM
 - AWARDS 10:20 PM

EVENT SITE

- ADDRESS -IJAMS NATURE CENTER
2915 ISLAND HOME AVE
KNOXVILLE, TN 37920
- THIS ADDRESS TAKES YOU TO THE NATURE CENTER NORTH OF MEAD'S QUARRY (RACE LOCATION) AND ACROSS THE STREET



PARKING

- THERE WILL BE AN IJAMS PARKING ATTENDANT HELPING YOU FIND PARKING SPOTS, BUT PLEASE TAKE A LOOK AT THE ATTACHED MAP.
- THE ADDRESS WE HAVE PROVIDED GETS YOU TO THE NATURE CENTER.
- PLEASE LOOK FOR THE MEAD'S QUARRY LAKE ENTRANCE SLIGHTLY DOWN THE ROAD AND ACROSS THE STREET FOR THE RACE SITE



WEATHER

- THE CURRENT FORECAST IS CALLING FOR A LOT OF HEAT AND A CHANCE OF RAIN! PLEASE LISTEN TO YOUR BODY, AND CUT BACK THE EFFORT FOR SUMMER RUNNING! IF IT RAINS, WE WILL STILL RUN. IF THERE ARE THUNDERSTORMS AT RACE TIME, WE WILL DELAY AS LONG AS POSSIBLE TO LET THE STORM PASS.

THE COURSE

- THIS COURSE CONSISTS MOSTLY OF TWO TRACK AND SINGLE TRACK TRAIL. SOME OF IT IS VERY SMOOTH, WHILE SOME OF IT HAS ROOTS AND ROCKS. PLEASE RUN/WALK AT A SAFE PACE FOR YOU!
- HOW DO YOU KNOW WHERE TO GO? OUR COURSE HAS SEVERAL WAYS OF KEEPING YOU ON TRACK
 - WE WILL HAVE 350 TEA LIGHTS LINING THE COURSE GIVING ATHLETES A VISUAL CUE TO FOLLOW. EXPECT ONE EVENT 50 FEET (17 YARDS) OR SO. YOU WILL SEE MORE NEAR CORNERS.
 - SIGNS: WE WILL HAVE SIGNS AT EVERY PLACE YOU NEED TO TURN
 - TAPE: THERE WILL BE TAPE ACROSS THE TRAIL IN ANY SECTION WHERE YOU SHOULD NOT GO
 - VOLUNTEERS: WE HAVE PLACED MANY VOLUNTEERS ON THE COURSE IN IMPORTANT AREAS TO GIVE ATHLETES WATER, AND TO HELP THEM STAY ON COURSE

SAFETY

- VOLUNTEERS: ALL OF OUR ATHLETES AND VOLUNTEERS WILL BE ABLE TO ASSIST YOU IF YOU HAVE AN INJURY OR GET NERVOUS ABOUT BEING ON TRAILS AT NIGHT.
- FIRST AID: WILL BE AVAILABLE FOR MINOR ISSUES AT THE WATERSTOP AND START/FINISH LINE
- EMS: WILL BE ON CALL FOR THIS EVENT
- FLASHLIGHT AND HEADLAMPS: PLEASE PLEASE PLEASE BRING A STRONG LIGHT. THESE ARE NOT THE EASIEST TRAILS. THERE ARE ROCKS AND ROOTS AND THE BETTER YOUR LIGHT, THE SAFER YOU ARE!!
- COURSE SWEEPER: WE WILL HAVE SOMEONE SWEEPING THE COURSE FOLLOWING THE FINAL GROUP OF ATHLETES. IF YOU HAVE ANY ISSUES AND NEED TO WAIT FOR THEM, THEY WILL BE BY TO HELP YOU OUT ASAP!

MOONSHINE COCKTAILS

- PLEASE BRING AN ID TO VERIFY AGE FOR DRINKS!
- YOU WILL HAVE TWO DRINK TICKETS ON YOUR BIB. THE FIRST WILL GET YOU YOUR FINISHERS GLASS AND FIRST DRINK, THE SECOND WILL GET YOU YOUR SECOND DRINK REFILLED IN THE SAME GLASS!
- JIM'S BOBS FUZZY NAVEL
 - PEACH MOONSHINE AND ORANGE JUICE
- SMASHED BERRY LEMONADE
 - MIXED BERRY MOONSHINE AND LEMONADE

RESULTS AND AWARDS

- RESULTS WILL BE AVAILABLE IMMEDIATELY AFTER YOU CROSS THE FINISH LINE AT OUR RESULTS KIOSKS AS WELL AS EMAILED TO YOU.
- AWARDS WILL BE AT APPROX. 10:20 PM. WE GIVE AWARDS FOR THE TOP THREE IN EACH 5 YEAR AGE GROUP!