

Event Summary

- Event: Haw Ridge 50k Trail Run
- Date: Saturday, April 23, 2005
- Start time: 8am, Life Development Center, Old Edgemore Road, Oak Ridge, TN.
- Time Limit: All participants must exit the course by 6pm. After 4pm, no participants will be allowed to leave the staging area with the purpose of continuing on the course.
- Parking: Parking will be available at the Life Development Center on Old Edgemore Road. Note that parking is NOT allowed along Old Edgemore Road. Violators will be cited and/or towed.
- Fee: There is no fee for participation in this event. All participants must complete an application and liability release prior to participating in the event. All participants are expected to bring a wrapped gift for the gift exchange and provide their own aid.
- Entry Limit: First 75 participants who submit an event application and liability release.
- Staging: The event will start and finish at the Life Development Center.
- Food Aid: Aid will be “potluck style”. All participants are expected to provide their own food and nutritional supplements as well as bring something to share with other participants. All participants are expected to carry water and food on the course. No food or water aid will be provided on the course.
- Facilities: Water and restrooms will be provided by LDC at the staging area only.
- Health Insurance: All participants must have current health insurance coverage prior to participation in this event.
- Web Site: <http://www.cs.utk.edu/~dunigan/fohr/run50k.html>
- Contact: Ben Kadas bkadas@earthlink.net or 865-483-8735 (evenings)
- Applications: Mail completed and signed applications to Ben Kadas, 417 East Drive, Oak Ridge, TN 37830.

Liability Release

Haw Ridge 50k Trail Run Application:

Name: _____

Address: _____

City _____ State _____ Zip _____

Phone: _____ E-Mail: _____

Health Insurance: _____

How did you hear about the race?

Sex: M / F Date of Birth _____

Wavier: In consideration of your accepting this entry, [I below signed], intending to be legally bound for myself, my heirs, executors, administrators, and assigns waive and release all rights and claims for damages I may have against the City of Oak Ridge, Anderson County Health Council, Oak Ridge Track Club, officials, sponsors, directors, officers, agents and volunteers of the Haw Ridge 50k Run, their heirs, representatives, successors and assigns, for any and all injuries physical or otherwise suffered by me in this event.

I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been recently verified by a licensed medical doctor. I attest that I have no medical conditions that prevent my participation in this event and that I am currently covered under a health insurance program. Further, I hereby grant full permission to use photographs, videotapes, motion pictures, and records of me, or any other record of this event, for any legitimate purpose.

This entry is invalid unless signed by entrant. If entrant is under 18 years of age, parent or guardian must sign entry. The race organizer reserves the right to reject any entry.

Signature _____ Date _____

Parent or guardian (if under 18) _____

Changes to Website (As of April 1st):

New! Updated course directions. Course will be run clockwise starting at the Life Development Center. Course length is approximately 31.2 miles (7.8 miles per loop). See website for detailed directions.

New! In recognition of the difficulty in running long miles on trail, we are now offering a reduced loop option. Runners who want to run fewer than four loops still need to complete a liability release, as well as provide their own aid and participate in the gift exchange. Of course, if you decide to do all four loops, more power to you

New! Practice Run to be held on April 9th at 8am. We will meet at the end of Old Edgemore. If the weather is bad, an alternate date and time will be announced via e-mail. To receive e-mail notification of changes and updates, send an e-mail to bkadas@earthlink.net

Event Description:

Four ~8 mile loops around Haw Ridge Park. Haw Ridge Park is situated on the edge of Melton Hill Lake of the Clinch River, three miles from Oak Ridge, TN. The running is all single track except for a 1/4 mile of road. No wet crossings, but with a lot of rain it can be muddy in places. The trail is very scenic, very isolated, but easily accessed for emergencies. Mostly flat with some up and down, nearly 100% runnable, very good footing.

The only aid station will be located at the start/finish where all runners will have their vehicles parked. Runners should be prepared to carry water and other supplies for the 90-120 minute loops. We may shuttle some water into the backside of the loop, but please do not count on any aid on the running course.

The weather can vary greatly, so bring a range of clothing. There will be camping at the run, but why camp when you can stay at any one of a number of lovely hotels in Oak Ridge. There is great dining in Oak Ridge, whether you want fine cuisine or a burger and a beer. Consider staying an extra day and hiking Frozen Head State Park (Barkley Marathons), Big South Fork, or the Great Smokey Mountains.

White elephant gift exchange at finish: Bring a wrapped, outdoor related product costing no more than \$10. At the end of the run, each runner will pick a wrapped present from those left by other runners. It can be something homemade or store bought. Let your imagination move you ;)

Potluck Aid Station: We will have a potluck aid station that runners will pass once at the end of each loop. We will have water and toileting facilities. Each runner should bring their own food and drinks as well as something special to share with your fellow runners. I'd suggest fruit, PB sandwiches, salty crackers, etc...

Registration: There is no registration fee. All runners will be required to complete a liability release to event organizers, participants, volunteers, and the City of Oak Ridge.

Race Course:

The following course directions are “generally” the route that will be used during the run. The course will be well marked with ribbons. Course directions and map will be provided to all runners prior to the beginning of the run. Note that unless indicated otherwise, the course proceeds around the perimeter of Haw Ridge in a clockwise direction, making left turns at intersections. Loop length is approximately 7.8 miles.

Starting from the Life Development Center at the end of Old Edgemore Road:

- Go toward the river on closed portion of Old Edgemore Road 0.22m
- Go Right on East Edge Trail 0.95m
- Go Left on East Shore Trail 0.77m, taking Lefts at all intersections
- Go Left on Isthmus Trail to Pond Trail 0.5m
- Go Left on South Shore Trail 0.77m, gradually working around the outer edge of the peninsula
- Go Left on Easy Trail 0.48m
- At intersection with Briar Loop Trail, stay Right and take next Right on unmarked trail that crosses through a swampy area to Red Hill Trail.
- Go Left on Red Hill Trail 0.28m
- At intersection with power lines at Lake Road “take a breath, you’re halfway through the loop”.
- Go Left on Lake Road 0.2m, down the hill, and then take a Left on an unmarked trail after passing over a piped creek. Trail passes through a swampy area before re-connecting with Lake Road.
- Go Left on Lake Road 0.15m
- Go Left on Twister Trail 0.4m
- Go Left on Lake Road 0.4m
- Go Left on West Shore Trail 0.85m, follow trail up inlet, then stay Left at switchback, continuing back down other side of inlet
- Follow West Shore Trail to intersection with Lake Road
- Go Left on Lake Road for 0.1m
- Go Left on Soccer Trail 0.8m, staying along the water’s edge

- Pass by a wooden bridge and continue on Soccer Trail as you parallel new Edgemore Road
- Follow Soccer to “barren area”, then proceed to the Right up a wide, low angle rocky area, following the trail 0.2m to Ridge Trail
- Go Left on Ridge Trail 0.1m
- Go Left on Saddle Trail 0.4m, down to intersection with Old Edgemore Road
- Go Right on Old Edgemore Road for 0.34m to Life Development Center (end of loop)

REPORT TO AID WORKERS BEFORE CONTINUING ON AND/OR LEAVING THE EVENT.