

## Qualifications for the Grand Prix Championship

To become eligible for Championship Awards, a runner must complete at least 5 races with points being added from a maximum of 10 races. Champions must be present at the Tour Banquet to receive their award. The age of the runner at the first participated race determines the Grand Prix Division for the whole season. Top 25 finishers in each division are given points in descending order (30-28-26-24-22-20-19-18-17, etc). Grand Prix Divisions are Male and Female:

Youth (age 0-19) Open (age 20-39)  
Masters (age 40-49) Grand Masters (age 50-59)

Senior Grand Masters (age 60-69)  
Seventy Plus (age 70 and over)

### GRAND PRIX AWARDS BANQUET

Championship awards (including volunteers awards) will be presented at a special Awards Banquet at 6:30 PM CST on March 3, 2012 following Fall Creek Thaw 15K. A discount package (one night lodging, banquet meal, and Sunday breakfast) is offered at Fall Creek Falls State Park Inn. Call the Inn at 1-800-250-8610 for reservations. Ask for the Running Tour package.

[www.tnstateparks.com/RunningTour](http://www.tnstateparks.com/RunningTour)

### TENNESSEE STATE PARKS RUNNING TOUR REGISTRATION AND WAIVER

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ AGE (on date of Race) \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ SHIRT-SIZE \_\_\_\_\_  
NAME OF RACE \_\_\_\_\_  
E-MAIL \_\_\_\_\_

**WAIVER:** In consideration for accepting my entry, I, for myself, my heirs, executors and administrators, waive and release forever any and all rights and claims for damages I may have against the Tennessee Department of Environment and Conservation, Host Running Club, and any and all participating sponsors and supporters. I also release the above named for all claims of damages, demands, and actions in any manner due to any personal injuries, property damage, or death sustained as a result of my traveling to and from and my participation in said race. I attest and verify that I am physically fit and have sufficiently trained for the competition of this event. I hereby grant the Tennessee Department of Environment and Conservation and all sponsors permission to use my name, photograph and likeness in any broadcast, telecast, or media account of the event. In filing out this form, I acknowledge I have read and fully understand the terms of this agreement.

**Application and waiver must be sent to each host club with entry fee (check) enclosed. Copies of this registration form may be used. See each Run in brochure for mailing addresses**

SIGNATURE \_\_\_\_\_ PARENT'S SIGNATURE \_\_\_\_\_  
(If under age 18)

### Pre-registration:

\$19 w/ Long Sleeve Shirt  
\$6 w/ No Shirt  
Race Day Registration:  
\$13 w/ No Shirt



Only Pre-registered runners are guaranteed a T-shirt with the Tour Logo in unique colors for each race. Registration must be received the preceding Saturday.

Tennessee State Parks  
Tennessee Department of Environment and Conservation  
401 Church Street, L&C Tower, 7th Floor  
Nashville, TN 37243-0446

[www.tnstateparks.com](http://www.tnstateparks.com)



### Welcome to Tennessee State Parks Running Tour 2011-2012

This is the 33rd year of the State Parks Running Tour, the oldest state parks running series in the U.S. The distances vary from 5 to 13 miles. All races are held on Saturdays from October to March at 11 AM local time. This year, we have added a new race at Pickwick Landing, near Savannah. It is held on the same day as Trail of Tears at Red Clay, near Cleveland.

These races are sponsored by local running clubs that are responsible for registration, timing and results. The parks provide facilities, race security and traffic control. Total number of participants last season was 3,064.

Please join me in visiting any of the 21 different State Parks on the Running Tour, ranging from Memphis to Kingsport.

Good running and thank you for your support.

**Tomas de Paulis**  
Tennessee State Parks Running Tour  
Volunteer Race Director

**October 8, 2011  
Rock Island 5 Miler**

**Rock Island State Park**

Blaine Wilcher / Middle Tennessee Milers  
1023 Willow Way / McMinnville, TN 37110  
Stereotypeb17@yahoo.com (931) 743-2461  
Online registration at Racesonline.com

**October 15, 2011  
Two Lakes Trail Run (7.6 Mi)**

**Montgomery Bell State Park**

John Spencer / Jones Creek Road Runners  
104 Clairmont Drive / Dickson, TN 37055  
Jvspencer@aol.com / (615) 441-5915

**October 22, 2011  
Roan Mountain 10K**

**Roan Mountain State Park**

Rob Schoborg / State of Franklin Track Club  
P.O. Box 6427 / Kingsport, TN 37663  
Runtricity.org / Schoborg@etsu.edu  
(423) 439-6295 (423) 926-1265

**October 29, 2011  
Halloween Hunt 5 Miles**

**Long Hunter State Park**

Tomas de Paulis / Frostbite Running Club  
205 Woodland Court / Hermitage, TN 37076  
Lntdp@earthlink.net / (615) 380-6977  
On-line registration at Racesonline.com

**November 5, 2011  
David Crockett 10K**

**David Crockett State Park**

Scott Benefield / Crockett Runners  
320 Crews Street / Lawrenceburg, TN 38464  
Target242@mac.com / (931) 629-3567

**Check State Parks Running Tour  
for more information**

**November 12, 2011  
Pilot Knob 10K**

**Nathan Bedford Forrest State Park**

Mike Bell / Jackson Roadrunners  
1900 Liberty Road / Camden, TN 38320  
Mike.bell@tennk12.net / (731) 441-1468

**November 19, 2011  
BigFoot Scramble 5 Miles**

**Standing Stone State Park**

Lynn Burnett / Frostbite Running Club  
811 Peach Drive / Livingston, TN 38570  
Liv2run@live.com / (931) 823-6124

**November 26, 2011  
Plateau Gobbler Gallop 11K**

**Cumberland Mountain State Park**

Tony Cox / Frostbite Running Club  
4000 Old Lebanon Dirt Rd./ Mt Juliet, TN 37122  
Tcox@tntech.edu / (615) 773-8785

**December 3, 2011  
Tims Ford Deer Trail (6 Mi)**

**Tims Ford State Park**

Terry Jones / Mach Tenn Running Club  
202 Andersson Dr. / Tullahoma, TN 37388  
Terrij@copper.com / (931) 247-5450

**December 10, 2011  
Over the River 8 Miler**

**Paris Landing State Park**

Mike Bell / Jackson Roadrunners  
1900 Liberty Road / Camden, TN 38320  
Mike.bell@tennk12.net / (931) 441-4468

**December 17, 2011  
Pioneer 5 Miles Run**

**Davy Crockett Birthplace State Park**

Bob Townsend / State of Franklin Track Club  
2280 Jockey Road / Limestone, TN 37681  
Bobt4@earthlink.net / (423) 257-6188

**January 7, 2012  
Chickasaw Chase 10 Miles**

**Chickasaw State Park**

Todd Cotton / Jackson Roadrunners  
P.O. Box 3832 / Jackson, TN 38303  
Toddcotton\_1999@yahoo.com / (731) 989-4718

**January 7, 2012  
Hill and Dale 8 Miles**

**Meeman-Shelby Forest State Park**

Rachel Ragan / Memphis Runners Track Club  
P. O. Box 17981 / Memphis, TN 38187-0981  
Rara.rara@comcast.net / (901) 486-0221  
On-line registration at racesonline.com

**January 14, 2012  
Norris Dam Challenge 12K**

**Norris Dam State Park**

Tracy Paul / Oak Ridge Track Club  
107 Hollbrook Ln / Oak Ridge, TN 37830  
Tracy@paul5.com / (865) 220-8876

**January 21, 2012  
Race on the Trace 5 Miles**

**Natchez Trace State Park**

David Montoya / Jackson Roadrunners  
P.O. Box 3832 / Jackson, TN 38303  
Davemontoya@hotmail.com / (731) 668-2483

**January 28, 2012  
The War Party 10K**

**Warriors Path State Park**

Bob Townsend / State of Franklin Track Club  
2280 Jockey Road / Limestone, TN 37681  
Bobt4@earthlink.net / (423) 257-6188

**February 4, 2012  
Race To The Landing 6 Miles**

**Pickwick Landing State Park**

Michael D'Orio / Jackson Roadrunners  
88 Harris Drive / Bethel Springs, TN 38315  
michaeldorfio@hotmail.com / (731) 607-5679

**February 4, 2012  
Trail of Tears 7 Miles**

**Red Clay State Park**

Matt Davies / Carpet Capital Running Club  
2707 Kensington Park NW /Cleveland, TN 37312  
mdavies@grace-point.com / (423) 715-9736

**February 11, 2012  
Cedars Frostbite Half-Marathon**

**Cedars of Lebanon State Park**

Lynda de Paulis / Frostbite Running Club  
205 Woodland Court / Hermitage, TN 37076  
Lntdp@earthlink.net / (615) 889-1306

**February 18, 2012  
Johnsonville Charge 5 Miles**

**Johnsonville State Park**

Michaellee Bowes / TN Valley Road Runners  
734 Hunter Lane / Waverly, TN 37185  
Mbowes575@yahoo.com / (931) 209-0736

**March 3, 2012  
Fall Creek Thaw 15 K**

**Fall Creek Falls State Park**

Mike Niederhauser/Mach Tenn Running Club  
280 Westwood Court  
Estill Springs, TN 37330  
miken@cafes.net / (931) 247-8696

**All races start on Saturday  
at 11:00 AM local time**

Each sponsoring running club is responsible for registration, results and awards. The award categories for each race are separate from the Grand Prix categories. In case of inclement weather, please call the Race Director by 5:00 p.m. local time the day before the race. The Race Director has the right to alter the course if necessary.

**Active.com or Racesonline.com for online registration**

**Minimum Age Group Awards**

Men	Women
29 and under	29 and under
30-39	30-39
40-49	40-49
50-59	50-59
60-over	60-over



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