

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

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.

SIGNATURE _____ PARENT'S SIGNATURE _____
 CN-0936 (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



Welcome to Tennessee State Parks Running Tour 2011-2012

We are now entering the 33rd year of the State Parks Running Tour, the longest state parks running event in the US. The distances vary from 5 to 13 miles. All races start on Saturdays from October to March at 11 AM local time. Pre-registration is \$6 for the no-shirt option or \$19 with a high quality, long sleeve shirt with a unique logo in different colors for each race.

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

Please, join me in visiting any of the 20 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**

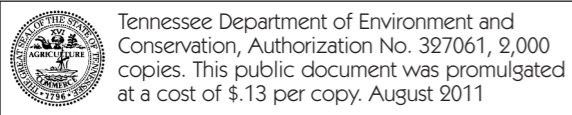
Roan Mountain State Park
Rob Schoborg / State of Franklin Track Club
P.O. Box 6427 / Kingsport, TN 37663
Runtricity.org / Schoborg@etsu.edu
(423) 439-6295 (423) 926-1265

**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



**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 27, 2010
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 22, 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 29, 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

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

**February 12, 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 19, 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**

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**

The Running Tour encourages runners and volunteers to accumulate Grand Prix points by participating in multiple races. By finishing at least 5 races, Grand Prix points from a maximum of ten races (out of possible 19) count toward special Championship Awards at the end of the Tour that are presented after the last race on March 3, 2012. The male and female championship categories are: Youth (0-19); Open (20-39); Masters (40-49); Grand Masters (50-59); Senior Grand Masters (60-69); and Seventy Plus (70+). In addition, the top ten volunteers also will receive an award at the Awards Banquet. Additional age groups will be left up to the Director of each run. 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.

Check Active.Com for Online

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