

DAVID CROCKETT 10K RUN

Saturday, November 7, 2009

Part of 31st Annual Tennessee State Park Running Tour

DAVID CROCKETT STATE PARK, Lawrenceburg TN. Park info 931-762-9408.

Directions: From Nashville, take I-65 South to the Pulaski exit. Park location is on Highway 64 at the western edge of Lawrenceburg. Enter the main park road and go 3 miles to the Restaurant.

Start and Finish: at the Park Restaurant. The 10K race starts at 11:00 AM central time.
Course: starts on the main road, then enters a paved trail for 1 mile, then loops the restaurant area. Out and back on the main road for the last 4 miles. Every mile is marked with a traffic cone.

[Link to Interactive Map](#)

<http://www.runningahead.com/maps/9d5c5984a231488cb8038a7fb34d33d1>

Awards: Ten-year age groups with 3 awards in each category from under 20 to 60+. Special awards to male and female overall winners in open, masters (40), grandmasters (50), age categories.

Long Sleeve T-shirt: guaranteed to all pre-registered runners.

Pre-registration Deadline: November 1, 2009.

Race-day registration from 9:30 to 10:45 a.m.

Race Director: Scott Benefield, Crockett Runners (931-762-3341).

Entry Fee: \$18.00 payable to Crockett 10K or \$5.00 without shirt (Late fee without T-shirt \$12.00).

Mail registration to: **Crockett Run**
320 Crews Street
Lawrenceburg, TN 38464

[Link to Registration Forms](#)