

# Tennessee State Parks Running Tour

## Schedule for 2009-2010

All races start on Saturday at 11 AM local time. Registration deadline is the Saturday before race. Shirts are ordered on the Monday AM before race, except for Hill & Dale that requires two weeks. Deadline for cancellation is 5 PM Friday before race.

### October 10, 2009

Rock Island 5K  
Rock Island State Park  
Blaine Wilcher  
Middle Tennessee Milers  
1023 Willow Way  
McMinnville, TN 37110  
Stereotypeb17@yahoo.com  
(931) 743-2461

### October 17, 2009

Two Lakes Trail Run (7.6 Mi)  
Montgomery Bell State Park  
John Spencer  
Jones Creek Road Runners  
104 Clairmont Drive  
Dickson, TN 37055  
Jvspencer@comcast.net  
(615) 441-5915

### October 24, 2009

Roan Mountain 10K  
Roan Mountain State Park  
Rob Schoborg  
State of Franklin Track Club  
P.O. Box 6427  
Kingsport, TN 37663  
Schoborg@etsu.edu / Runtricity.org  
(423) 439-6295

### October 31, 2009

Halloween Hunt 5 Miles  
Long Hunter State Park  
Tomas de Paulis  
Frostbite Running Club  
205 Woodland Court  
Hermitage, TN 37076  
Lntdp@earthlink.net  
(615) 889-1306

### November 7, 2009

David Crockett 10K  
David Crockett State Park  
Scott Benefield  
Crockett Runners  
320 Crews Street  
Lawrenceburg, TN 38464  
Target242@mac.com  
(931) 762-3341

### November 14, 2009

Pilot Knob 10K  
Nathan Bedford Forrest State Park  
Mike Bell  
Jackson Roadrunners  
13305 Highway 69 A  
Big Sandy, TN 38221  
Mike.bell@tennk12.net  
(731) 584-9147

### November 21, 2009

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 28, 2009

Plateau Gobbler Gallop 11K  
Cumberland Mountain State Park  
Tony Cox  
Frostbite Running Club  
4000 Old Lebanon Dirt Road  
Mt Juliet, TN 37122  
Tcox@tntech.edu  
(615) 773-8785

**December 5, 2009**

Tim's Ford Deer Trail 6 Miles  
Tim's Ford State Park  
Bob & Aggie Alt  
MachTenn.org  
210 Lakewood Drive  
Tullahoma, TN 37388  
Realt@charter.net  
(931) 455-3986

**December 12, 2009**

Over the River 8 Miles  
Paris Landing State Park  
Mike Bell  
Jackson Roadrunners  
13305 Highway 69 A  
Big Sandy, TN 38221  
Mike.bell@tennk12.net  
(731) 584-9147

**December 12, 2009**

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 / Runtricity.org  
(423) 257-6188

**January 2, 2010 (prereg by Dec 19)**

Hill and Dale 8 Miles  
Meeman-Shelby Forest State Park  
Rachel Ragan  
Memphis Runners Track Club  
P. O. Box 17981  
Memphis, TN 38187  
Rara.rara@comcast.net/Memphisrunners.com  
(901) 486-0221

**January 9, 2010**

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 16, 2010**

Norris Dam Challenge 12K  
Norris Dam State Park  
Tracy Paul  
Oak Ridge Track Club  
107 Hollbrook Ln  
Oak Ridge, TN 37830  
Tracy@paul5.com / Epivox.com/ortc  
(865) 220-8876

**January 23, 2010**

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 30, 2010**

The War Party 10K  
Warriors Path State Park  
Bob Townsend  
State of Franklin Track Club  
2280 Jockey Road  
Limestone, TN 37681  
Bobt4@earthlink.net / Runtricity.org  
(423) 257-6188

**February 6, 2010**

Trail of Tears 7 Miles  
Red Clay State Historic Area  
Judy White  
Carpet Capital Running Club  
130 Hunters Court SE  
Cleveland, TN 37323  
(423) 478-1956

**February 13, 2010**

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 20, 2010**

Johnsonville Charge 5 Miles  
New Johnsonville Historic Area  
Michaelee Bowes  
Tennessee Valley Road Runners  
734 Hunter Lane  
Waverly, TN 37185  
Mbowes575@yahoo.com  
(931) 209-0736

**February 27, 2010**

(snow make-up day)

**March 6, 2010**

Fall Creek Thaw 15K  
Fall Creek Falls State Park  
Bob & Aggie Alt  
MachTenn.org  
210 Lakewood Drive  
Tullahoma, TN 37388  
Realt@charter.net  
(931) 455-3986