

2011-2012 Tennessee State Parks Running Tour

Tomas de Paulis, Volunteer Race Director

Lntdp@earthlink.net or 615-390-6977

www.tnstateparks.com/RunningTour

- All races start on Saturday at 11:00 a.m. local time.
- **Advance/“Pre-Registration” Status** (through Saturday before race event) is **\$19**, includes race and long sleeve Running Tour t-shirt. **\$6** fee for only race registration.
- **Race Day Registration** is **\$13** for same-day race registration, does not include t-shirt.
- Races are run rain, shine, or snow. In rare cases, weather may dictate event changes. Deadline for race cancellation is 5:00 p.m. Friday before event.

October 8, 2011

[Rock Island 5 Miler](#) at [Rock Island State Park](#)

Race Contact: Blaine Wilcher with [Middle Tennessee Milers](#)

1023 Willow Way, McMinnville, TN 37110

Stereotypeb17@yahoo.com or 931-743-2461

[Print-n-Mail Registration](#) | [Online registration](#)

October 15, 2011

[Two Lakes Trail Run \(7.6 Mi\)](#) at [Montgomery Bell State Park](#)

Race Contact: John Spencer with Jones Creek Road Runners

104 Clairmont Drive, Dickson, TN 37055

Jvspencer@aol.com or 615-441-5915

[Print-n-Mail Registration](#) |

October 22, 2011

[Roan Mountain 10K](#) at [Roan Mountain State Park](#)

Race Contact: Rob Schoborg with [State of Franklin Track Club](#)

623 West Maple Street, Johnson City, TN 37604

Schoborg@etsu.edu or 423-439-6295 or 423-926-1265

[Print-n-Mail Registration](#) | [Online Registration](#)

October 29, 2011

[Halloween Hunt 5 Miler](#) at [Long Hunter State Park](#)

Race Director: Tomas de Paulis with [Frostbite Running Club](#)

205 Woodland Court, Hermitage, TN 37076

Lntdp@earthlink.net or 615-390-6977

[Print-n-Mail Registration](#) | [Online Registration](#)

November 5, 2011

[David Crockett 10K](#) at [David Crockett State Park](#)

Race Contact: Scott Benefield with Crockett Runners

P. O. Box A, Lawrenceburg, TN 38464

Target242@mac.com or 931-629-3567

[Print-n-Mail Registration](#) |

November 12, 2011

[Pilot Knob 10K](#) at [N.B. Forrest State Park](#)

Race Contact: Mike Bell with [Jackson Roadrunners](#)

1900 Liberty Road, Camden, TN 38320

Mike.bell@tennk12.net or 731-441-1468

[Print-n-Mail Registration](#) | [Online Registration](#)

November 19, 2011

[Bigfoot Scramble 5 Mile Run](#) at [Standing Stone State Park](#)

Race Contact: Lynn Burnett with [Frostbite Running Club](#)

811 Peach Drive, Livingston, TN 38570

Liv2run@live.com or 931- 823-6124

[Print-n-Mail Registration](#) |

November 26, 2011

[Plateau Gobbler Gallop 11K](#) at [Cumberland Mountain State Park](#)

Race Contact: Tony Cox with [Frostbite Running Club](#)

4000 Old Lebanon Dirt Road, Mt Juliet, TN 37122

Tcox@tntech.edu or 615-773-8785

[Print-n-Mail Registration](#) |

December 3, 2011

[Tims Ford Deer Trail 6 Miler](#) at [Tims Ford State Park](#)

Race Contact: Terri Jones with [MachTenn Running Club](#)

202 Anderson Drive, Tullahoma, TN 37388

Terrij@copper.net or 931-247-5450

[Print-n-Mail Registration](#) |

December 10, 2011

[Over the River 8 Miler](#) at [Paris Landing State Park](#)

Race Contact: Mike Bell with [Jackson Roadrunners](#)

1900 Liberty Road, Camden, TN 38320

Mike.Bell@tennk12.net or 731-441-1468

[Print-n-Mail Registration](#) | [Online Registration](#)

December 17, 2011

[Pioneer 5 Mile Run](#) at [Davy Crockett Birthplace State Park](#)

Race Contact: Bob Townsend with [State of Franklin Track Club](#)

2280 Jockey Road, Limestone, TN 37681

Bobt4@earthlink.net or 423-257-6188

[Print-n-Mail Registration](#) |

December 24, 2011

Holiday break (2 weeks)

January 7, 2012

[Chickasaw Chase 10 Miler](#) at [Chickasaw State Park](#)

Race Contact: Todd Cotton with [Jackson Roadrunners](#)

P. O. Box 3832, Jackson, TN 38303

Toddcotton_1999@yahoo.com or 731-989-4718

[Print-n-Mail Registration](#) |

January 7, 2012

[Hill and Dale 8 Mile Run](#) at [Meeman-Shelby Forest State Park](#)
Race Contact: Rachel Ragan with [Memphis Runners Track Club](#)
P. O. Box 17981, Memphis, TN 38187
Rara.rara@comcast.net or 901-486-0221
[Print-n-Mail Registration](#) | [Racesonline.com](#)

January 14, 2012

[Norris Dam Challenge 12K](#) at [Norris Dam State Park](#)
Race Contact: Tracy Paul with [Oak Ridge Track Club](#)
107 Hollbrook Lane, Oak Ridge, TN 37830
Tracy@paul5.com or 865-220-8876
[Print-n-Mail Registration](#) |

January 21, 2012

[Race on the Trace 5 Mile Run](#) at [Natchez Trace State Park](#)
Race Contact: David Montoya with [Jackson Roadrunners](#)
P.O. Box 3832, Jackson, TN 38303
Davemontoya@hotmail.com or 731-668-2483
[Print-n-Mail Registration](#) |

January 28, 2012

[The War Party 10K](#) at [Warriors Path State Park](#)
Race Contact: Bob Townsend with [State of Franklin Track Club](#)
2280 Jockey Road, Limestone, TN 37681
Bobt4@earthlink.net or 423-257-6188
[Print-n-Mail Registration](#) |

February 4, 2012

[Race to the Landing 6 Mile Run](#) at [Pickwick Landing State Park](#)
Race Contact: Michael D'Orio with [Jackson Roadrunners](#)
88 Harris Drive, Bethel Springs, TN 38315
Michaeldorio@hotmail.com or 731-607-5679
[Print-n-Mail Registration](#) |

February 4, 2012

[Trail of Tears 7 Mile Run](#) at [Red Clay State Park](#)
Race Contact: Matt Davies with [Carpet Capital Running Club](#)
2707 Kensington Park NE, Cleveland, TN 37312
Mdavies@grace-point.com or 423-715-9736
[Print-n-Mail Registration](#) |

February 11, 2012

[Cedars Frostbite Half Marathon](#) at [Cedars of Lebanon State Park](#)
Race Contact: Lynda de Paulis with [Frostbite Running Club](#)
205 Woodland Court, Hermitage, TN 37076
Lntdp@earthlink.net or 615-889-1306
[Print-n-Mail Registration](#) | [Online Registration](#)

February 18, 2012

[Johnsonville Charge 5 Mile Run](#) at [Johnsonville State Park](#)

Race Contact: Michaellee Bowes with [Tennessee Valley Road Runners](#)

734 Hunter Lane, Waverly, TN 37185

Mbowes575@yahoo.com or 931- 209-0736

[Print-n-Mail Registration](#) |

February 25, 2012

(Make-up day, if needed)

March 3, 2012

[Fall Creek Thaw 15K](#) at [Fall Creek Falls State Park](#)

Race Contact: Mike Niederhauser with [Mach Tenn Running Club](#)

280 Westwood Court, Estill Springs, TN 37330

miken@cafes.net or 931-247-8696

[Print-n-Mail Registration](#) |

Check for online registration at either racesonline.com or active.com

Tennessee State Parks Running Tour online at www.tnstateparks.com/RunningTour