

**1st Annual
The Nicholas Wilson Memorial
Tashka Trail 50K, 25K, and 4 mile run
December 12, 2009
7:00 a.m.
www.tashka50K.com
Lake Lurleen State Park
13226 Lake Lurleen Rd.
Coker, Alabama 35452**

\$3.00 Park entry fee per person

The course:

All races start and finish at the South Trailhead. The first 2 miles follow the Lakeside Trail to the West end of the dam. Follow the Tashka Trail for the next 3.8 miles to the Five Oaks Loop Trail. After 3.0 miles on the Five Oaks Trail you will continue on the Tashka Trail for 4.8 miles to the North Trailhead. Turn around at the North Trailhead aid station and follow the Tashka Trail 0.2 miles to the Ridge Trail. Continue on the Ridge Trail for 1.3 miles. From here, follow the flagged course 0.40 miles back to the start / finish area. The 50K is a two loop course. The 25K is one loop. The 4 mile race follows the Lakeside Trail to the West end of the dam and back. (see MAP)

Aid Stations:

There will be 5 well stocked aid stations. A participant must check in to one of the 5 official aid stations if it is necessary to drop out of the race.

Time Limit: The course will be open for 9 hours. Aid station cut offs are available on the race web site.

Participation Limits: 50K / 25K - first 150 entries; 4 mile – first 25 entries.

Make checks payable to: Tuscaloosa Track Club (TTC)

Mail entry forms and checks to: Mike Higgins, 1539 Bellwood Lane, Northport, AL 35476

50K Awards:

Overall	Male & Female	
Open	M/F 39 – Under	Top 3
Masters	M/F 40 – 49	Top 3
Grand Masters	M/F 50 – 59	Top 3
Grander Masters	M/F 60+	Top 3

25K Awards:

Top 5 Males & Top 5 Females

4 Mile: Grand Prix Points to TTC Members

All participants will receive a short sleeve tech shirt and a pair of trail socks. 50K and 25K FINISHERS will also receive a long sleeve tech shirt.

Race Directors: Mike Higgins & Walt White
mhiggins@tashka50K.com (205) 349-2602
wwhite@tashka50K.com (205) 454-6126

**The race will be administered by the
Tuscaloosa Track Club**

Entry Fee: 50K and 25K - \$40
4 mile - \$25

Name – Last, First

Address

City, State, Zip

E-Mail

Phone – include area code

Date of Birth	Age	Sex
		M / F

T-Shirt Size: S M L XL

Event Entered

_____ 50K _____ 25K _____ 4 mile

I, individually, (and/or as parent, and/or guardian of the named minor) for and in consideration of acceptance of this entry in the aforementioned event, do hereby release, remise, waive, and forever discharge the Sponsors, Lake Lurleen State Park, The Tuscaloosa Track Club, the Coker Volunteer Fire Department, Mount Olive Volunteer Fire Department, and any and all other supporting groups of this said racing event, together with all of their officers, agents, officials and employees from any and all liability, claims, demands, actions or cause of action whatsoever arising out of, or related to any injury, illness, loss, or damage, including death, relating to participation in the aforesaid event. I further state I am in proper physical condition to participate in this event.

Signature: _____ **Date:** _____
(parent or guardian if under 18)

