

Tick Ridge Trek 25k/10k Trail Run



February 11, 2017

The Tick Ridge Trek 25k and 10K trail races will be run through the beautiful rolling hills of Southern Tennessee on well-worn tractor trails through woods and pastures. These scenic runs will challenge the experienced trail runner and be a great run for the newer trail runner who may not be comfortable with some of the more technical trails.

The runs are held on private land just North of Elkton, Tennessee, a few miles from Interstate 65, Exit 6, an easy 45 minute drive from downtown Huntsville. Both will start at 8:00 AM on Saturday, February 11th. The runs will start and finish between two restored log cabins on the banks of a small stream. The course will be well marked and have aid stations at Mile 3.5 of the 10k and miles 4.5, 7.5, 9.0 and 12.8 on the 25k.

Awards will be presented to the top 3 overall male and female finishers and top 3 overall male and female masters (40 and over) finishers for both races. Complimentary post-race chili, beer and other refreshments will be provided.

Entry fees for each race will be \$40 until 12/31/16, \$50 from 1/1/17 - race start. Team Rocket Tri Club members will receive a \$5.00 discount. All registered runners will receive a choice of a sweatshirt or custom buff (or both for \$5 more). All finishers will receive a Tick Ridge chili mug. Please join our Facebook event at <https://www.facebook.com/events/1843754682536485> for pictures of the course and frequent updates.

Packet pick-up and late registration (if available) will be from 11am -7pm on Friday, February 10th at **Fleet Feet Sports** in Huntsville and on-site race morning. E-mail questions to: tickridgetrek@gmail.com

Register at www.imAthlete.com/events/TickRidgeTrek or return this form with check payable to "Tick Ridge Trek" by February 5, 2017 to: Tony Osani, Race Director, Tick Ridge Trek, 106 Stoneway Circle, Madison, AL 35758

Entry fee before 1/1/17- \$40.00(\$45 for sweat shirt & buff) 1/1/17 – race start (if spots available) \$50(\$55 for sweat shirt & buff)
2017 Team Rocket Tri Club members receive \$5 discount

I am registering for the (please circle choice): **25k** **10k**

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

E-mail: _____ Male: _____ Female: _____

DOB: _____ Age on 2/11/17: _____ Sweat Shirt Size (Unisex): Adult S M L XL XXL buff only

Emergency Contact Name and Phone Number: _____ Is this your first Trail race? _____

Waiver/Release-Signature Required

I hereby certify the following: (1) I am physically fit and have received medical clearance to participate in the Tick Ridge Trek Trail Runs. I understand and accept that there are inherent risks associated with trail running and the hazards it presents. (2) I on behalf of myself or others, hereby waive and forever discharge the land owners, Team Rocket Tri Club, The Race Director, sponsors, organizers, officers, employees and volunteers from any and all claims that come as a result of my participation; and (3) I hereby grant Tick Ridge Trek permission to reproduce, publish, circulate or use photos taken during the race.

Signed/Date: _____ If under 18, Parent/Guardian signature: _____

The race will occur rain or shine. We reserve the right to cancel in extreme conditions, In that event, there will be no refunds, and your entry fee will be donated to the race charity.

