

Tick Ridge Trek 25k/10k Trail Run



The Tick Ridge Trek 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. The 10K and 25K will start at 8:00 AM on Saturday, February 10th. 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.

New 50K option

Due to popular demand we have added a 50k option this year. The 50K will be a double loop of the 25K course and will start with little fanfare in the dark at 6am sharp. There will be no on course support for the first two hours until we open the aid stations for the 10k & 25k. Overall elevation gain will be 4000+ feet. 50K will be limited to 50 entries. The following time limits will be strictly enforced to get our volunteers off the course at our normal time. - Complete the first loop in 3.5 hours, - Complete the first 28 miles (last aid station) in 6 hours - Entry fee for the 50K will be \$50 until 12/31/17, \$60 from 1/1/18 – race start. Awards will be top 3 Male and Female Overall.

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 the 10K and 25K races. Complimentary post-race chili, beer and other refreshments will be provided.

Entry fee for the 10K & 25K will be \$40 until 12/31/17, \$50 from 1/1/18 - race start. Team Rocket Tri Club members will receive a \$5.00 discount. All registered runners will receive a sweatshirt. All finishers will receive a Tick Ridge chili mug. Please join our Facebook event at <https://www.facebook.com/events/1685806874815610/> for updates.

Packet pick-up and late registration (if available) will be from 11am -6pm on Friday, February 9th at **Fleet Feet Sports** in Huntsville and on-site race morning. E-mail questions to: tickridgetrek@gmail.com

Register at <http://www.imathlete.com/events/TickRidgeTrekTrailRun> or return this form with check payable to "Tick Ridge Trek" by February 5, 2018 to: Tony Osani, Race Director, Tick Ridge Trek, 106 Stoneway Circle, Madison, AL 35758

10K & 25K Entry fee before 1/1/18- \$40.00 (50K \$50) 1/1/18 – race start (if spots available) \$50 (50K \$60)
2018 Team Rocket Tri Club members receive \$5 discount

I am registering for the (please circle choice): 10K 25K 50K

Name: _____ Address: _____

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

E-mail: _____ Male: _____ Female: _____

DOB: _____ Age on 2/10/18: _____ Sweat Shirt Size (Unisex): Adult S M L XL XXL

Emergency Contact Name and Phone Number: _____

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.