

Seventh Annual Mount Cheaha 50K

“The Race To The Top of Alabama”

Race Instructions

Welcome to the Seventh Annual Mount Cheaha 50K!!! Are you Tough enough? This is truly a beautiful course with everything a trail junkie could ask for in an Ultra Marathon. I'm sure you all will have a great day! Race day start is Saturday, February 25th, 2012 at 7:30 a.m. (CST).

➤ Packet Pick up:

- A) Park, in the Balk Rock Lodge located off Bunker Loop Road from 5:30p.m. till 8:30 p.m. If your running late, don't worry, someone will be there for you to pick your packet up as late as 10:00p.m. (CST) NO packet pickup on Race day. Must pick up packet on Friday night.
- B) Saturday, February 25th, Follow race day signs to the Bald Rock Lodge.
OR B) Race Start from approx. 6:30a.m. till 7:15a.m. CST.

➤ Carbo Supper:

The Carbo Load dinner will be provided this year by Jim Armstrong of the Sylacauga Park and Rec and will be available at the Bald Rock Lodge from 6:00p.m. CST until 7:30p.m. CST on February 24th. Tickets will be \$10:00 in advance or \$15:00 at the door. We will only have a limited supply for those who didn't pay in advance.

➤ Pre Race Briefing:

I will be offering a pre race briefing in the Bald Rock Lodge on Friday February 24th, at 7:00p.m. CST during the Carbo Load Dinner.

➤ Bus Transportation and Race Finish Parking:

Buses will depart Cheaha State Park Finish Line at the Bald Rock Lodge at 6:05a.m. CST SHARP!!! Buses will depart Cheaha State Park Hotel/Restaurant at 6:15a.m. CST. SHARP!!! After entering Cheaha State Park, follow Race Day signs to Finish Line Parking at the Bald Rock Lodge. There will be room to park at the Bald Rock Lodge parking as well as the

Bald Rock parking area located to the left past the lodge. DO NOT park on the circle driveway or directly behind the right side of the lodge. Parking will also be available at the Chapel which is located on the left just before turning right at the Bald Rock sign. Also parking is available at the Country store on left just as you enter the park and before entering the gate.

➤ **Runner Check In:**

Runners must check in no later than 7:15 a.m. CST, Saturday morning at the Porters Gap Trail Head off Hwy 77E (Race Start Area). Check-in is required.

➤ **Parking at Race Start:**

Parking is very limited at the race start. The Talladega County Sheriff's Department will be patrolling the west bound and east bound lanes of Hwy 77 for your protection. For those of you who are having someone bring you to the race start you may have to park on the side of the highway near the Porters Gap Trailhead. You must remove your car as soon as the race begins at 7:30 a.m. (CST). Due to the small area at the Porters Gap Trailhead we will be utilizing most of this area for pre-race activities.

➤ **Restrooms:**

Upon your arrival to the parking area at the race Finish there will be both a women's and men's restroom available in the Bald Rock Lodge. At the race Start there will be available for your convenience three porta potties to relieve those last minute butterflies!!!

➤ **Race Start Time:**

Saturday, February 25th, 2011. 7:30a.m. (CST)

➤ **Hydration:**

It is recommended that you carry at least one water bottle. HEED and Water along with Hammer Gels and other food items such as bananas, PB&J, m&m's, oranges, cookies and others will be available on the course. You should pre-fill your water bottles before arriving at the race start.

➤ **Race Numbers:**

Number must be worn on your front side and visible at all the aid stations for check in. The volunteers must record your number. This is very important for runner safety and accurate head count.

➤ **Medical:**

If you must drop out or are unable to continue to the race, you must notify the aid station volunteers that you are not going to continue. The volunteers will then take your race number and you will be transported back to the finish line.

➤ **Course Markings:**

The course will be the same as the 2011 course and will be marked with orange lawn sprinkler flags and/or Montrail Pink Tape attached to limbs at eye level and will be placed on the Right hand side of the entire course. Big Mount Cheaha 50K signs with **RED** arrows will be at every turn. In addition to the flags there will be signs placed at critical turns and two out and back sections. The following are the two out and back sections: 1) Adams Gap, Aid Station #3. This is a .18 of a mile from the split of the Pinhoti Trail and Skyway Loop Trail. Continue to the right on the Pinhoti Trail to aid station #3. After checking in you will go .18 of a mile and return in the direction you just came from utilizing the Pinhoti Trail to the split of the Pinhoti Trail and Skyway Loop Trail. Turn Right on the Skyway Loop Trail heading to Lake Chinnabee. 2) The second out and back section will occur after crossing Cheaha Creek and arriving at the T of the Silent Trail. Turn Left on the Silent Trail and go .15 of a mile to Aid Station #5, Lake Chinnabee. After checking in at aid station #4 return in the direction you just came from .15 of a mile and veer to the left and continue on the Silent Trail.

➤ **Clothes Bags:**

We will have Clothes Bags available in each race packet for you to put your extra clothing and other items in before race start. You will place the clothes bag in the back of the White trailer. You may also drop off any extra clothing items at the aid stations. They will be brought back to the finish area (Bald Rock Lodge) after the aid station is closed for the day. You will be responsible for claiming your belongings. Everything left behind will be given to and worn by Smoky the Bear!

➤ Notes to Family/Support

There are detailed directions included in the Race Instructions to Race Start (Porters Gap) to Race Finish (Bald Rock Lodge). Also included in these directions are the cut off times for each Aid Station. You may stop and cheer and even help out at the aid stations as well. The aid station leaders will welcome you!!!

➤ Aid Station and Cut Offs:

AID STATION	MILES	TOTAL MILES	CUTOFF TIMES	TIME
#1 Chandler Springs	3.34	3.34	None	
#2 Clairmont Gap	5.15	8.49	2hr25min	9:55am
#3 Adams Gap	6.38	14.87	4hr5min	11:35am
#4 Hubbard Creek	3.5	18.37	5hr5min	12:35pm
#5 Lake Chinnabee	3.6	21.97	6hr10min	1:35pm
#6 Lake Cheaha	5.93	27.9	7hr45min	3:15pm
#7 Finish Line,Bald Rock	3.21	31.11	9hr	4:30pm