

# 12th Annual Mount Cheaha 50K

## “The Race To The Top of Alabama”

### Race Instructions

Welcome to the 12th 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, 2017 at 7:30 a.m. (CST).

#### ➤ **Packet Pick up:**

- A) Friday, February 24<sup>th</sup>, Park in the Balk Rock Lodge parking lot 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 9:30p.m. (CST)
- B) Saturday, February 25<sup>th</sup>, Race Start from approx. 6:30a.m. till 7:15a.m. CST.

#### ➤ **Carbo Supper:**

The Carbo Load dinner will be provided this year by volunteers 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 area near the Bald Rock Lodge Saturday, February 25th at 6:05a.m. CST SHARP!!! The buses will be parked on the One-way loop in front of Chapel. If you park at the Lodge you will need to take the short walk down to the One-way loop and board buses. 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 in front of Lodge 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 (Location of first bus pick up). Also parking is available at the Country store on left just as you enter the park and before entering the gate. From there you will need to walk up to left side of hotel to board buses. Parking also at big lot at top of AI near Towers. From there you will need to walk down the steep side (South West side) and turn left to hotel to board buses. Restrooms will be available on the right side of road in rock building as you are walking down.

➤ **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. **Packet pick up will be available during this time as well.** Each bus will have a sign in sheet which will allow all runners on buses to sign in before arriving at start.

➤ **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, 2017. 7:30a.m. (CST)

➤ **Hydration:**

It is recommended that you carry at least one water bottle. HEED and or Gatorade 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 2016 course and will be marked with orange lawn sprinkler flags 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 is the only out and back section: 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 toward Lake Chinnabee. After crossing Cheaha Creek and arriving at the T of the Silent Trail. Turn **RIGHT** on the Silent Trail and go 3.2 miles to Aid Station #5, Silent Trail. NOTE: Runners will no longer go to Lake Chinnabee. Lake Chinnabee is closed due to massive flood last year.

➤ **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 Silver truck. 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	4hr20min	11:50am
#4 Hubbard Creek	4	18.87	5hr20min	12:50pm
#5 Silent Trail	7	25.8	7hr20min	2:50pm
#6 Lake Cheaha	2.7	28.5	8hr	3:30pm
#7 Finish Line, Bald Rock	3.2	31.6	9hr	4:30pm

**NOTE: The section between Aid Station #4 (Hubbard Creek) and Aid Station #5 (Silent Trail) will be a little more than 7 miles. Fill your hydration bottles.**