

Third Annual Mount Cheaha 50K The Race To The Top of Alabama

Race Instructions
February 23, 2008

Welcome to the Third Annual Mount Cheaha 50K!!! One question I would like to ask you is, Are you Tough enough? This is truly a beautiful course with everything you could ask for in an Ultra Marathon. I'm sure you all will have a great day!! Race day start is Saturday, February 23, 2008 at 7:30 a.m. (CST)

- **Packet Pick Up:**
 - A) Friday, February 22, 2008 Packet Pick Up will be available at Cheaha State Park, in the Bald Rock Lodge located off of Bunkner Loop Rd from 5:30p.m. till 8:30p.m.
 - B) Saturday, February 23, 2008 race morning Packet Pick Up will be available from 5:15a.m. - 6:00a.m. CST at A) The Finish Line located at the Bald Rock Lodge. Follow Race Day Signs to the Bald Rock Lodge. B) Race Start from approx. 6:30a.m. - 7:15a.m. CST.
- **Carbo Supper:**

The Carbo Load dinner will be at the Bald Rock Lodge from 6:00 pm until 8:00p.m. on February 22, 2008. Tickets will be \$8.00 in advance or \$10.00 at the door. Please Note: The Carbo Meal is at the Bald Rock Lodge, NOT the Restaurant.
- **Pre Race Briefing:**

I will be offering a pre race briefing in the Bald Rock Lodge on Friday February 22, 2008 at 7:00p.m. 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 6:05 a.m. CST. SHARP!! Buses will depart Hotel/Restaurant at 6:15 a.m.CST. SHARP!! After entering Cheaha St Park, follow Race Day signs to Finish Line Parking at the Bald Rock Lodge. There will be plenty of room to park at the Bald Rock Lodge. This will be the ideal location for the short walk back to your car after your race finish. Follow race day signs to finish line parking.
- **Runner Check In:**

Runners must check in no later than 7:15a.m. (CST) Saturday morning at the Porters Gap Trail Head off Hwy 77E (Race Start Area). Check-in is required race morning even if you picked up your race packet on Friday.
- **Parking at Race Start:**

Parking is very limited at the race start. The Talladega County Sheriffs Department will be patrolling the west bound and east bound lanes of Hwy77 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 7:30a.m. (CST). Thank you for your cooperation! Due to the small area at the Porters Gap Trailhead we will be utilizing most of this area for pre-race activities. This year there is heavy construction at the Porters Gap Trail Head race start. The state is putting in two extra lanes. Parking WILL be very limited!

- **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 23, 2008. 7:30a.m. (CST)

- **Hydration:**

It is recommended that you carry at least one water bottle. Gatorade/Water, Clif Shots along with other food items will be available on the course. You should pre-fill your water bottles before arriving at the race start. However, in addition to the Porta Potties at the race start, we will have available for your convenience: Gatorade and Water.

- **Race Numbers:**

Numbers must be worn on the front and visible at the aid stations for check in and out! Be sure timers have recorded your race number before you leave each aid station. This is important for runner safety and accurate head count.

- **Medical:**

If you must drop out or are unable to continue to run, drop out at one of the aid stations. Let a race official know you do not plan to continue. Clay County Rescue will be available for your safety. You will be transported back to the finish line area.

- **Course Markings:**

The course will be marked with Orange Flags. The Orange Flags will be placed on the right hand side of the trail the entire course. If you find flags on your left hand side, you are going the wrong direction. 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 an .18 of a mile from the split of the Pinhoti and Skyway Loop. 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. Turn right on Skyway Loop. 2) The second out and back section will occur after crossing Chinnabee 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 #4 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 supplied 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 turn offs 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:**

Cut Off

Aid Station #1 - Chandler Springs 3.34 miles 3.34 total None

Aid Station #2 – Clairmont Gap 5.15 miles 8.49 total 2hr25min
9:55a.m.

Aid Station #3 – Adams Gap 5.98 miles 14.47 total 4hr05min
11:35a.m.

Aid Station #4 –Hubbard Creek 3.50 miles 17.97 total 5hr05min
12:35p.m.

Aid Station #5 – Lake Chinnabee 3.60 miles 21.57 total 6hr10min
1:35p.m.

Aid Station #6 – Lake Cheaha 5.93 miles 27.5 total 7hr45min
3:15p.m.

Aid Station #7 – Finish Line 3.61 miles 31.11 total 9 hrs
4:30p.m.